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ACTIVE

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## **BOOKS**

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## Sexual Orgasm Energy

In Organic Gnosticism I'm going to make some serious claims about the development of the soul and its powers through the generation of sexual orgasm energy. These are based on years of personal experience and direct attainment of results. While I am not going to say that Tantric rituals, mantras and traditional practices don't work; I am going to say that they are not important! We have been deluded into thinking things that are not true. It's time to bring these things out into the open!

It is the generation of sexual orgasm energy twice a day that is important and nothing else. It is a mechanical process that works in a mechanical way. The generated energy is stored within the physical body then released in the astral as explosive dream activity. This generated energy can also be directly sent to an astral sexual partner anywhere in the world and they will share an awareness of it. I have had numerous confirmations of astral contacts of this kind from various soulmate partners around the world over the years. These contacts are real and both people are aware of them at the same time.

For both the male and female orgasm should be prolonged for as long as possible allowing the sexual orgasm energy to spread throughout the body and be absorbed completely, sent up the spine or sent directly to your partner. By this I mean the waves of pleasurable energy that flow through the body and not sexual fluids.

The physical sexual fluids have no importance in this practice. It is the astral energy that is important, not the physical energy. Stated clearly the physical orgasm is stalled or prevented until the energy bursts through the veil of the astral and enters the astral as nonphysical energy. Electrical energy is forced to transmute into magnetic energy! This happens naturally for the female when she experiences full body orgasm.

As much sexual orgasm energy needs to be forced into the astral as possible. This happens when orgasm energy floods the entire body and beyond. Results are cumulative over long periods of time. This transference of sexual energy into the astral begins with sexual arousal and stops at the moment of physical orgasm. The goal is to do this twice a day and the energy will be discharged and dispersed into the astral at night through explosive dream activity. This is the key secret of sex magic!

As mentioned before, this is entirely natural for the female and easily accomplished. It is not natural for the male and this will be addressed shortly in one of the next essays. Loss of sperm will result in energy loss for the male and make the generation of sexual orgasm energy twice a day impossible over long periods of time. However, the sexual orgasm energy that is able to be transferred is cumulative and this process will work, but slowly.

I want to be very clear at this point in saying that I am specifically talking about contacts and connections with soulmates and divine counterparts. These are people that we have soul connections with and our energy is extremely compatible. These cycles of energetic activity phase lock the energies of two people together in a way that nothing can alter or destroy it. Casual or indiscriminate sex is an abomination and does not work to develop the soul.

The main point of this essay is to state in the most definitive way possible that most of the traditional Tantric methods and rituals with the exception of sperm retention for the male are not required for the

development of the soul or its powers. These are all misdirection and a deliberately hiding of what is truly important.

Various postures are not important. Astrological considerations are not important. Mantras are not important. Sigils are not important. Ritual is not important. Having a suitable partner is not important because the energy itself will find the proper person for you and draw you both together energetically!

In short, there is nothing that prevents anyone at all from developing their soul and its empowerment through Tantric practice except fear. That is why this path is only for the most courageous! Blind fear and wrong thinking are what prevents this! This material has been kept secret far too long and it is time to bring it out into the open where it can be discussed and understood.

I would also like to state that sexual dreams are normal and part of normal life. We all experience them at one time or another and what we are experiencing is a natural function of what I have tried to express in this essay. The only added ingredient is the active generation of sexual energy through conscious intent!

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« Chapter 5B  
The Mental Planes »  
Sexual Orgasm Energy And The Healing Process

November 15, 2017 by anarchistbanjo

Health and vitality are the result of open energy channels within the physical body. Blocked or trapped energies result in illness and disharmony. The healing process involves opening energy channels within the physical body and gaining conscious awareness and control of those energies.

Scientology teaches that past emotional and physical trauma are trapped within the cells of the body as engrams. The human body has a limited amount of free energy available to it and the release of this trapped and repressed energy can significantly increase the amount of free energy the individual has at their disposal. By going back in memory to the original moment of pain which created the engram in the first place and by consciously reliving it; it is possible to release and regain that lost energy. Only by consciously reliving the experience is it possible to release the trapped energy and claim it once more. The original moment of pain resulted in a momentary period of unconsciousness in which the engram was created. During this moment of unconsciousness a snapshot of the entire environment was created. As a consequence anything within that snapshot can trigger and release the energy trapped within the engram! A certain smell, a certain sound, a similar environment, a particular emotion, any of these things can trigger the explosive force which is trapped within the engram.

The same thing is true about sexual orgasm energy! For the average person the orgasm is marked by a moment of unconsciousness, the creation of a blockage or engram, and the snapshot of the environment at the time of its creation. But sexual orgasm energy is deeper and more powerful than the energy of pain. The objective of Tantric practice is to work with sexual orgasm energy with full conscious awareness at all times! In doing this no engrams or blockages are created and the energy is allowed to flow freely and naturally throughout the body. Because of this close similarities may be drawn between Scientology and Tantra in the releasing of engrams through the process of bringing the trapped energies into awareness.

Tantric practice involves the generation of sexual orgasm energy with full awareness for the purpose of developing the androgynous soul and its powers. This energy is generated with full awareness. It can be directed consciously up the spine, into a partner or into the astral planes. But first of all energy pathways need to be cleared of blockages and engrams. This is the first step in effective Tantric practice.

Both engrams and the astral planes are highly elastic and resist penetration. The generation of sexual orgasm energy twice a day is required to break through an engram or make a meaningful change within the astral planes. Once a day is simply not enough. The energy will be merely absorbed and distributed harmlessly in a way which will not produce meaningful change. This is the secret significance of Shiva and Kali being able to destroy and create the universe! To generate sexual orgasm energy twice a day is to destroy the old universe and create a new universe!

This is something that can be proven through practical experience! The generation of sexual orgasm energy twice in one day will result in vivid and explosive dreams as the energy is released during sleep. The generation of sexual orgasm energy only once in a day may or may not result in a vivid or explosive dreams. But the generation of sexual orgasm energy twice a day will always result in vivid or explosive dreams as the energy breaks through the engrams and pierces the astral layers!

This is the basic foundation of all sex magic practice! It has nothing to do with ritual, technique, mantras, or spirits. It is a mechanical process based entirely on the generation and release of sexual orgasm energy at least twice a day and the resultant destruction of an engram or the piercing of an astral plane! This buildup of pressurized energy will find the weak spot and cause it to rupture! In the beginning, the weak spot will almost always be an engram within the physical body itself. That is why most magical work produces inner transformation and not outward transformation. As the engrams are released and the energy pathways within the body are opened the magical activity shifts to outside of the body and within the astral planes themselves.

Working with sexual orgasm energy is often violent and explosive! Most people will try it a few times, become frightened at the power released, and choose to focus on more harmless things such as ritual, technique, mantras or spirits. A few may choose to work with sexual orgasm energy on a monthly or weekly basis and progress cautiously in the development of their androgynous soul and its powers. Only the bravest of the brave will deliberately choose daily work on this explosive path! Only the bravest of the brave will choose to be a Shiva or Kali!

Working with sexual orgasm energy is different for males and females. Females have an advantage over males because the generation of sexual orgasm energy twice a day is fairly simple and natural for them. The female orgasm naturally pushes sexual orgasm energy through the energy channels within the body and into the astral planes.

The male has a far more difficult time generating sexual orgasm energy twice a day. For the male to generate sexual orgasm energy twice a day for any length of time they must master the difficult technique of semen retention during orgasm. This ancient Tantric practice is required for any male who is serious about following the left-hand path of Organic Gnosticism.

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Sexual Orgasm Energy and the Healing Process

## Chapter 7 Sexual Orgasm Energy and the Healing Process

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#### Working With Magical Energy Part 1

So far we have discussed several types of energy. Spiritual energy is tapped by use of the energy ball extended above the head. Earth energy is tapped by use of the energy ball forced deep into the center of the earth.

Sexual energy is tapped by flooding the physical and astral body with waves of pleasurable energy before and during orgasm. This energy is accumulative as are spiritual and earth energies.

Etheric energy is that energy at the low end of the elemental scale.

The astral planes surrounding the earth can only hold a finite amount of energy of any type. During the lunar cycle it will squeeze any excess energy out of the astral planes in the form of physical events or force opposing types of energy together in a destructive matter/anti-matter type of action that destroys both types of energy.

As your energy enters the earth's astral planes and begins to fill them, the energy will be repelled away from you and used by others for their own purposes. This means that you will enter a period where very little is happening to you but quite a bit is happening to others that are using your energy to form physical events that they want. Your energy is harmonizing with other peoples energy by altering its frequency and nature to suit them. When it encounters other types of energy it is the weaker and alters itself to merge with that of others.

Gradually your energy will strengthen and other energies will alter as they merge with yours. At each new contact there will be a brief struggle that determines which energy will change and which energy will remain the same. As long as your energy alters easily any thing created by you can be easily manipulated, taken, or destroyed by others.

In time you will be able to create astral events of your own but they will resist becoming physical events for you. Others may try to alter these events to suit themselves and you may be forced to defend your astral creations.

Magical energy is astral energy that is linked to physical reality through connections to the earth's south pole magnetic vortex and tends to become physical reality. Spirit energy is astral energy linked to physical reality through connections to the earth's north pole magnetic vortex and tends to dissipate into the cosmic.

The best way to think of these two types of energy is by saying that the astral levels in the northern hemisphere surrounding the magnetic north pole are made of Spirit energy. The astral levels surrounding the magnetic south pole in the southern hemisphere are made of Magical energy. In reality each type of energy encircles the entire earth forming two entirely separate astral planes. Spirit energy forms the outer and higher astral planes. It contains all elemental energies from the spiritual energies to the etheric energies and tries to dissipate them.

In the same manner Magical energy forms the inner astral planes that surround the earth and contains spiritual and etheric energies. Magical energy is intended to become physical reality and will eventually do so unless it is somehow destroyed. Often the shape it takes in becoming physical reality is totally different than what it started out as. Magical energy has a tremendous ability to adapt and mutate into something unrecognizable.

The Spirit astral planes that surround the earth deal with long term and projected events. All superfluous material is stripped away until only the pure isolated event is left. The Spirit astral planes determine which key events and individuals are the most important and must be allowed to happen as physical reality. In this respect the Spirit planes rule over the Magical planes. These key events are critical and will be allowed to become physical reality without the distortion and mutation of pure Magical energy because they are powered by Spirit energy even after they drop down into the Magical planes and into the fixed etheric levels there.

Working With Sexual Energy Part 5

## PROCEDURE FOR DEVELOPING SEXUAL ENERGY

### MALE:

The male should drain the bio-electric and magnetic field energy from the testes by slowly approaching orgasm and by avoiding ejaculation and loss of sperm cells. This pleasurable energy should be forced out of the sperm cells and into the physical and astral body by channeling it up the spine. It will find its



way naturally upward to transform into mental and spiritual energy. The waves of pleasurable energy should fill the entire body if possible.

This should be done once or twice a day. In the beginning this energy must pierce through a pain barrier. There will be a few instances of severe pain at the base of the spine lasting from ten to fifteen minutes. Nothing can be done to prevent this. It is caused by the sexual energy being forced from the lowest astral levels into the higher levels.

As the energy channels open this will not happen anymore except in very rare activations of this astral "pain" body.

After draining the energy from the testes your body will have an imbalance of male/female energy. You will attract female energy to you to neutralize the excess male energy. Visualize the energy ball and plunge it deep within the center of the earth where it will attract energy from your soul mate. Then raise the energy ball as high as possible into the "spiritual" light. Do this a few times until you feel that your male/female energy is balanced. This will distribute the energy evenly throughout your entire system.

#### FEMALE:

Try to reach orgasm as quickly as possible and raise the sexual energy as high as possible. Hold the orgasm at its peak for as long as possible trying to fill the entire physical and astral body with sexual energy. The energy will tend to fall back downward toward the earth.

This should be done once or twice a day. In the beginning this energy must pierce through a pain barrier. There will be a few instances of severe pain at the base of the spine lasting from ten to fifteen minutes. Nothing can be done to prevent this. It is caused by the sexual energy being forced from the lowest astral levels into the higher levels.

As the energy channels open this will not happen anymore except in very rare activations of this astral "pain" body.

After the sexual energy has been drained from the ovaries the physical and astral body will have a surplus of female sexual energy and will attract male energy to it to neutralize the surplus. Visualize an energy ball and raise it as high into the "spiritual" light source as possible. It will attract male soul mate energy to neutralize the excess female energy. Then plunge the energy ball into the center of the earth. Do this several times until the normal balance of male/female energy is restored. This will distribute the energy evenly within your system.

#### Working With Sexual Energy Part 4

The action of the lunar cycle will stress and rack the astral planes forcing "normal" astral creations to give way to "phase-locked" astral creations. All that you need to do is keep a steady supply available and let the process work itself.

Sexual energy is stored in the sex glands. In the male sexual energy is stored in the testes and in the female it is stored in the ovaries. There are significant differences between male sexual energy and female sexual energy that must be understood.

Both the testes and the ovaries act as batteries that store and discharge bio-electrical and magnetic field energy. During the female orgasm this energy is forced out of the ovaries and floods into both the physical body and into the astral body giving a pleasurable sensation as it flows. The ovaries then draw energy from the earth to recharge themselves making it possible for the female to have multiple orgasms.

During the male orgasm this energy excites the sperm so much that under normal conditions ejaculation occurs causing the loss of these vital “batteries” as well as most of the bio-electrical and magnetic field energy that they contain. This loss should be minimized for our purposes.

The simplest way to prevent this loss is for the male to have a vasectomy which will prevent the sperm from leaving the body. Instead the orgasm energy will be forced into the physical and astral body in the same manner as it is with a female orgasm. The depleted sperm will then recharge themselves from “spiritual” light energy and be capable of multiple orgasms after recharging.

It is the pleasurable waves of energy that fill the body with energy and force it into the astral and not the energy contained in the sperm itself that is important. Retaining the sperm simply helps in a rapid recharging that makes five or six sessions a day possible if desired.

Loss of the sperm would not make this number of sessions possible over long periods of time. The physical body could not replace the lost sperm cells that fast. By delaying orgasm as long as possible the male will inject the greatest amount of sexual energy into the astral. The critical thing is to experience the waves of pleasurable energy flooding the body because it is at that time the physical energy becomes astral energy. These injections of energy are cumulative and enlarge the passageways already opened by the spiritual energies.

If a vasectomy is not desired it is possible to prevent ejaculation by learning to slowly drain the testes of their energy and never approach full orgasm. The pleasurable sensation is the flow of energy into the body and is what is worked for. It is also possible to prevent ejaculation by tightening the pelvic diaphragm muscles at the right time.

In time energy channels open up and this process can become very routine with the energy easily flowing from the testes into the physical and astral body without a loss of sperm or minimal loss of sperm.

As a general rule the male orgasm should be approached and prolonged as long as possible to completely drain the testes of their energy before ejaculation. The female orgasm should be reached as quickly as possible and held at its peak for as long as possible.

In both cases a point will be reached where no more energy is available until the body is recharged.

The reason for this difference is that the male’s energy source is light energy and his sexual energy will tend to rise naturally through the body and transform itself into mental and spiritual energy. As it rises through the body it will activate and loosen trapped “black energy” causing the energy also to

transform into mental energy and rise into conscious awareness. The main goal is to get the sexual energy forced into the physical and astral body. The rest will occur naturally.

The female energy source is earth energy and will tend to remain as low in the physical and astral body as possible. The object is to raise this energy during orgasm as high as possible within the body and keep it at that level as long as possible. Female sexual energy will not release “black” energy but it will raise it up until it finds a suitable outlet and then let it go down again to find its way into physical events.

In this respect female energy tends to impel “black” energy into physical events. This tendency can be guarded against with the proper use of the energy ball described later. Also, when the physical and astral body is completely saturated with sexual energy the “black” energy is then forced completely out of the body through the top of the head. During orgasm the energy should be pushed as high as possible trying to force it entirely out of the head into the spiritual light source.

Both the male and the female should attempt to channel the sexual energy up the spine instead of through the organs of the body. The reason for this is that the spine has already been prepared by the use of the energy ball during the lesser work described in chapter five. With a little practice it will also carry the denser sexual energy. In time the sexual energy will also channel itself effortlessly through the organs and the bone structure.

In the male this sexual energy will gradually build up inside the physical and astral body expelling all foreign energies. It will accumulate at the top of the head and gradually force itself downward into the lower emotional levels activating one astral body after another until they are all united into one “phase-locked” astral body that can travel on all astral levels.

Finally the pressure of this sexual energy buildup will force itself out the base of the spine into the earth’s astral plane where it will eventually contact your soul mate’s astral energy.

In the female the sexual energy will build up until it is forced out the top of the head and into the earth’s astral planes. She will activate one astral body at a time from the lowest to the highest and will need to deal with feelings of extreme sensuality and the problems that her “raw” sexual energy attracts to her in the form of inappropriate male attention. Her excess female energy will attract male energy to her that is not her soul mate’s.

The important thing to realize is that the pleasurable sensations that flood the body during sexual arousal and orgasm are the sexual energies being drained from the sex organs into the physical body and the astral body. These pleasurable sensations should be made to last as long as possible.

The physical body will only be able to store so much of this energy and the rest will be forced into the astral body and into the astral planes. This will strengthen the astral body and fill the astral planes with your sexual energy in a cumulative manner.

If you do not have a partner the sexual energy will activate your astral bodies one at a time before entering into the astral planes by getting opposite sex energy directly from the collective and the environment. If you have a partner the energy will merge with your partners and escape directly into the astral plane and into the collective before permanently activating any astral bodies. When the astral plane is filled to bursting with your sexual energy it will back up and begin to activate your astral

bodies one at a time. If your partner is not your soul mate the relationship will then be dissolved and you will separate.

What this means is that it doesn't matter how you do it as long as you daily force sexual energy into the astral. The end result will be eventual contact with your true soul mate and a phase-locking of sexual energies on the astral plane. As in so many things practice makes perfect and it is the effort that counts with each occurrence adding to what is already in the astral.

Male sexual energy is expansive and destructive in nature. It will tend to expand and destroy other astral creations that it comes into contact with. It forces itself through astral blocks and barriers forming new pathways for the energy to flow.

Female sexual energy is restrictive and blocking in nature. It will tend to block off unwanted astral energies and isolate itself within an impenetrable wall of phase-locked astral energy.

The male must not only find his soul mate since she can't find him, he must also have enough energy to penetrate the protective barrier that she has placed around herself by isolating herself from other male energies. The continuous addition of sexual energy into the astral will assure that this happens in a timely manner.

As mentioned earlier, the entire process is quite automatic and will happen according to the laws of nature and not according to the laws of man.

## The Holy Grail

I've just finished some research on the Holy Grail. Please bear with me as I try to put some unconventional thoughts into words, thoughts that reflect my personal experience.

As Jakob Boehme stated the female womb or matrix includes a spiritual matrix as well. But I would not put it exactly that way. I have described how tantric sexual orgasm creates male/female cycles where the immortal soul or observer self is created and also timelines and entire worlds in holograph form. This can be with Divine Counterparts, chakra soulmates, tantrikas and love partners. There is so much we don't know about the female mysteries.

The main point to be stated unequivocally is that the female womb not only creates babies, but also soul bodies or observer selves, astral bodies, timelines and alternate worlds. It does this when non-physical male orgasm energy is mixed with the females own energy to form a third energy that is magical. The male himself is not able to create astrally, but can use his energy to destroy, heal and make grow. The male requires the female to be open to his energy if it is to become creatively magical. And the female has the power to block any unwanted energy that she doesn't want. But she can't create magic without male energy to mix with hers.

So the female womb is capable of creating physically, spiritually, magically and astrally with the addition of the proper non-physical male energy mixing with her own. Because of this the female womb has been called the Holy Grail, the Magic Cauldron, The Fountain of Life and many other mythical things. But in terms of the Holy Grail it is sought after by knights on a perilous quest. It can only be activated by love, energy sex, tantric sex or the generation of non-physical sexual orgasm energy!

The Holy Grail will destroy all who seek it for purely physical sex or animalistic pleasure. The magical female womb works through non-physical energies and not through the use of male sperm and physical sex which is considered normal sex that often results in procreation. This is the solution to the sacred mystery and it is very profound.

Now the male has a very difficult time generating non-physical sexual orgasm energy without sperm loss and most efforts are not enough to produce meaningful results unless tantric sex is practiced where orgasm is prolonged, the energy is passed to the female and the sperm is not lost.

So the quest for the Holy Grail is something like this:

The female womb is a magical object that can create all things but only with the proper mix of non-physical male and female energy. The male is required to learn how to produce non-physical sexual orgasm energy through some type of tantric practice. The female womb has the power to destroy as well as to create!

This is the quest for the Holy Grail and only the bravest are able to succeed at it. It is another example of the tantric left hand path but offers even more advice on how dangerous lust and animal pleasure can be. It is a spiritual quest. It is a quest for the development of the soul and it's powers. This is achieved through the creative power of a third energy that is produced within the womb and released into the astral planes where it will be allowed to physically manifest.

### The Sacred Virgin And The Tantrika

Organic Gnosticism derives from the original "path of woman" and was created for the male. That much is certain. I can only speculate about the path of the female, but I have been given insight into some things that touch upon magical practice. The Sacred Virgin and the Tantrika is one of them.

In magical practice it is the female that uses male energy mixed with her own energy to create observer selves for both of them, time lines for both of them and the etheric pattern of their entire world at the level of her particular energy. It has long been known that a magician needed to find a female partner capable of manifesting magic in a physical way. Such a female was highly treasured and very few females are at this level of the Tantrika or Diva. These females often worked with several male partners and were teachers to many. They had no need to be virgins. Their normal energy level was the lowest level of sexual orgasm energy.

Now in my personal experience I've been drawn into cycles with various females that created observer selves or astral bodies, timelines and worlds from out of each chakra center or energy. None of them were virgins and most were platonic relationships. These cycles didn't include or require physical sexual relationships. But I worked these cycles developing the crown chakra, the third eye chakra, the

throat chakra, the heart chakra, the solar plexus chakra, the spleen chakra and the root chakra before experiencing the final Divine Counterpart cycle of the sexual orgasm energy of the testes/ovaries chakra and this also was non physical in nature.

The point is that each of these women were masters of a certain energy and that energy was what I needed to work with. They were not able to work the lowest energy with other males except for one, the one to whom they lost their virginity!

Every female can work the lowest sexual orgasm energy with one male, the one she loses her virginity to. This is the riddle of the Sacred Virgin and why she was treasured for her magic in magical circles. With all other males she works the energy of her own specialty or mastery and is not able to manifest physically through the magic of sexual orgasm energy. Her magic is of a higher type.

« Literacy And The Soul  
Magic, Mystery And Madness »  
The Incubus And Succubus

Whether you are generating sexual orgasm energy with an opposite sex partner, homosexually or auto erotically you will still experience the incubus or succubus. Sexual dreams are a normal part of a healthy dream life. By generating and sending sexual orgasm energy you're actively provoking such experiences!

The act of generating sexual orgasm energy is a mechanical process. How the body stores that energy during the day and releases it into the astral at night through dreams is the magical part of the process.

Sexual orgasm energy is highly polarized as male or female and will attract suitable opposite sex energy within the dream environment. You will draw astral lovers to yourself or be drawn to them. This is all part of the process and is involuntary unless you deliberately choose to send the energy to someone in particular or go to them.

The incubus or succubus is a projection of the shadow self of your magical partner. The more distorted the incubus or succubus, the more distorted your magical partner's belief in themselves. The same is true for angelic love encounters. These are projections of your partner's higher self and not of their true nature. Only after you and your magical partner dissolve and integrate these two secondary personalities can you meet face-to-face within the dream/astral worlds. What this means is that in the beginning you will encounter the demonic side of your magical partner and they will encounter your demonic side. You'll come face-to-face with their greatest fears and they will come face-to-face with yours. You will also come face-to-face with their greatest desires and they with yours. But neither are real. They are the sharing of not self; those things despised or those things desired but unattainable.

Coming face-to-face with the greatest fears of someone else is even more challenging than confronting your own greatest fears. The same is true for your greatest desires. These things are what makes this path so difficult. You need to integrate both the shadow and higher self of your magical partner as well as integrating your own shadow or higher self.

Fortunately this is an automatic process that unfolds gradually in its own time and in its own way as you continue to generate sexual orgasm energy twice a day.

There is an ancient wisdom within the physical body and that wisdom guides the entire process. First is the dissolving and integration of the shadow and higher self, then the giving and receiving of energy to the female to create her own Observer self, then the birth of an astral child that will house the male's Observer self, then the creation of a personal timeline and lastly the astral creation of an entire world.

Throughout this process various other experiences will follow as the soul develops and begins to function magically within the astral worlds. You maintain an astral connection with your magical partner throughout the entire cycle and remain permanently linked at its conclusion even though you may each go separate ways.

It is likely that you will be drawn into various cycles with various magical partners as level after level of the astral is explored and layer after layer of the soul is developed. But there will only be one magical partner at a time. This is the concept known as magical celibacy. The incubus and succubus are personality fragments of actual people whom you are in energetic contact with in some manner, personally, or even over the Internet.

### The Finite Astral Planes

The astral planes are not empty, they are full to the brim! Sometimes it is almost impossible to inject sexual orgasm energy or any other type of energy into them and other times it is very easy. There are also times when the first injection of energy seems like it hits a wall, but later when you try the second time there is lots of room. What has happened is that the first try actually burst through the astral congestion and made some space for your second attempt! Other times it feels like the astral is draining every ounce of energy away from you! It is doing this to support your own astral creations by the way! Once something is created within the astral it will try to maintain itself and resist alteration. It will draw energy from you to remain intact. This is a good thing even if it drains you of energy!

The lunar cycle is like a heartbeat that alternately squeezes and expands the astral layers and circulates the astral energy throughout all the levels, impelling some things toward physical manifestation and other times destroying astral creations.

The process of generating sexual orgasm energy or any other type of energy twice a day and injecting it into the astral is somewhat similar to jumping in front of a train! Your energy creates a major disruption causing the astral bonds to burst at a weak point and then merge back together in a new pattern, one that includes your added energy! You add the energy and the daily cycle, the lunar cycle and the solar cycle are the trains which create the pressure that makes things happen by bursting through the existing astral configurations.

In the beginning the weak spot is inside of yourself and that is where the energy will burst apart blocked energy channels as it clears them. Later as your energy channels become open and functioning the astral disruption happens outside of you in other places within the astral. At times this messes with other magic workers and provokes magical combats. But magical combat is not to be feared because it is all about energy and you replenish your energy everyday while the other magicians don't! I have had hundreds of astral conflicts over the years and never lost one of them, although it might have been a draw in the early days and required several repeated attempts.

The important point is that the astral is finite and injecting sexual orgasm energy or any other type of energy into it twice a day radically empowers your astral creations and helps them to magically manifest and also helps to develop your soul and your astral bodies. It forces growth and this is what we want. The astral resists change and will absorb most efforts at changing unless those efforts are forceful. Continue injecting sexual orgasm energy or any other type of energy twice a day into the astral until the present moment is the present moment which you desire. It is that simple. The reverse is also that simple. Without injecting energy into the astral your astral creations will just stay there in limbo and not go anywhere. Most people end up creating astral events for their next physical life because what they create will never manifest in this one!

This is what makes the Tantric path different. It is the path of attainment in this lifetime! These are not empty words! But the path is only for the bravest of the brave!

### Male Magical Energy

The Tantric practice of working with male sexual orgasm energy for the development of the soul and its powers is problematic and that's why I have kept it for last. As before the stated goal is to generate sexual orgasm energy twice a day over long periods of time.

The problem is that this can't be done without the Tantric practice of sperm retention! Each sperm is a battery full of life force energy and the idea is to discharge the battery while leaving the sperm in place. These sperm are recharged overnight and able to be used the next day and the day after that. Sperm loss requires the body to generate more sperm which is lost more quickly than it can be generated.

I realize that contentious know it all's will violently argue this point. I'm not interested in arguing. I have personally generated sexual orgasm energy twice a day continuously for seven years! I know that it can be done. I also know that I couldn't have done it without the Tantric practice of sperm retention. It is very difficult to do as it is. What's more, I know that this is purely a mechanical process because I didn't follow any other path, ritual or practice. It was the generation of this energy alone that drove my spiritual development and still drives my spiritual development. Generating sexual orgasm energy twice a day will fill the body and that energy will be discharged into the astral during the night as explosive dreams. This dream activity is of an empowering nature although it may at times be violent.

The process itself is simple but difficult. Try to bring yourself to the peak of orgasm and hold it there without ejaculation. Squeezing the pelvic and uric diaphragms tightly shut are the traditional ways of controlling this. Think of the male that has gotten a vasectomy and how orgasm would work for him. It is essentially the same thing.

Holding oneself at the edge of orgasm and letting the pressure slowly fade away will gradually open astral channels which will allow the sexual orgasm energy to bleed off into the astral without ejaculation. As one becomes more skilled they can send the energy up the spine and to all of the energy centers or out the crown chakra into the universe or into one's physical or astral sexual partner. This is something that takes practice, practice, practice! The loss of sperm isn't the end of the world either. But a very real truth is that learning the skill of prolonging orgasm and channeling the energy is very useful for a pleasurable sex life! With practice orgasm can be prolonged for over an hour and one can experience multiple orgasms! In essence the male is learning to have a female type of orgasm which energizes instead of resulting in energy loss. This skill makes one a better lover! Think about it!



Male sexual energy is buoyant and will rise up through the body whether one circulates it consciously or not! Meditation and consciously moving it is not necessary like it is for the female. It will find its own path through the body, hitting repressed packets of negative emotional energy and cause them to flare up and discharge. In other words it will work to unblock the body's energy channels in a natural and automatic way. The activation of these trapped energies will act to free the repressed energy and bring it into conscious awareness or cause it to be acted out in psychotic behaviors. This is the traditional danger of this path. But Gaia's current entry into the new eon has caused much of this activation to already be released. The entire population is going crazy because of the release of repressed and toxic energies. Going crazy is not the danger that it once was.

This rising of male energy is why so many males are head trippers and also prone to mystical thoughts as in the patriarchal religions. This spirituality or head tripping is natural to the male but not natural for the female who is much more grounded. Consider that the prisons have mostly male populations and I have made my point. In general females are much healthier mentally and emotionally than males.

The process is as follows: the generation of sexual orgasm energy twice a day causes astral energy to be stored within the physical body during the day and released into the astral at night as explosive dreams which are healing and empowering in the long run, but a bit disconcerting in the beginning.

Another interesting thing about male sexual orgasm energy is that root chakra energy is not really sperm energy but prostate gland energy. Tapping the actual sperm energy only comes after years of working with root chakra energy. When this happens the electric tingle of energy will come from the testes themselves and not from the root chakra. This has been a major deception about working with male orgasm energy and Tantric practice in general.

Most Tantric practices involving the root chakra are tapping prostate gland energy and not sperm energy at all! When sperm energy is activated there will be a feeling like electricity flowing through the testes and often a drain upon them as this powerful chakra actually opens up and allows its energy to pour forth. I worked with sexual orgasm energy for over 20 years before tapping into the true sperm energy.

The male orgasm works with both the root chakra and the energy center of the testes themselves although that final energy seems to be channeled directly from an energetic sun or energetic Gestalt spherical in nature which is within the nonphysical planes. In other words the testes tap into an even deeper source of energy than the root chakra.

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### Female Magical Energy

Female magical energy has some very definite differences from male magical energy. I've already mentioned that the Tantric path is very natural for the female. The female orgasm automatically floods the body and sends energy into the astral. This is one reason why females have always been accused of being witches and having the ability to do magic. They are naturally active in creative magic. From the Tantric point of view all they really have to do is prolong the edge of orgasm as long as possible. Tantra also suggests that the woman learn to use the muscles of her womb during sex to press the penis and

enhance the pleasure. This is essentially the kugel exercise that pregnant women are taught. That is all old stuff. I want to share new stuff, stuff that hasn't been shared before my knowledge.

The source of magical orgasm power in the female comes from the ovaries and womb which are located near the heart and solar plexus energy centers. For practical purposes the female orgasm includes all of these energy centers in a massive full body sensation so the heart and solar plexus also play an important part in this for the female. Often this might be such a strong feeling that it might seem the orgasm is centered in the heart itself. So orgasm for the female is very love centered and very powerful and involves more than one energy center or chakra!

Female orgasm energy will tend to fall or drop down to lower levels unless it is consciously worked with and deliberately raised to the higher energy centers. This can be achieved through conscious meditation and circulating her energy upward. This is one of the reasons why many women sink into depression. Their natural energy is drawing their awareness down unconsciously. The reason it falls is because it is a manifesting energy and seeks physical manifestation.

Male energy when mixed with female energy tends to raise the female energy and help it be more buoyant. That is because male energy is expansive and more solar in nature. A mutual working that includes male energy helps the female awareness to rise to the highest levels. In Wicca this practice is called drawing down the moon! It is also why the female often seeks a highly spiritual male partner to lift her own energies as high as possible. This is also why spiritual relationships are so important.

By itself female orgasm energy is very powerful and can be used to block something or used in self-defense by creating a magical barrier of protection around the female or those she loves. The more sexual energy generated for this purpose, the stronger the protection.

One final particular about the female is her ability to choose which energies that she will accept and which energies she will reject or block. She is extremely powerful in this ability and her magic is very strong. The female can magically choose her partner and the energies that she shares with her partner.

The male requires the female to create a space for him energetically or he will not find balance and peace. To create a space is how the female can make an empty house a home filled with love and joy. Without female love the male is empty and without love.

When the female takes in male energy and mixes it with her own it becomes plastic and can be magically worked with to create things within the astral which she desires. Her energy by itself solidifies astral creations while mixed energy allows her to magically work with them and shape them.

I've already mentioned how the female takes in the males energy until she is completed and her soul or Observer self is created. She then continues to take in male energy, until she becomes astrally pregnant and gives birth to an astral child which the male then embodies as his own soul body or Observer self. This is the hidden occult meaning of being born again! Females often have dreams of such babies! Share this:

The Left Hand Path

Organic Gnosticism takes the so-called left-hand path in an entirely new direction! Orthodoxy considers the left-hand path to be involved with opposite doing and taboo breaking. While these may be considered extremely powerful and important practices, they need to be looked at in an entirely new light.

Organic Gnosticism is involved with the creation and development of the androgynous soul created from a balance of male and female energy. After the creation and development of the androgynous soul contact and reunion with one's Divine counterpart is pursued. Like the yin-yang symbol the two halves of the soul should be symmetrical and relatable to each other. One side should be that of a human male and the other side should be that of a human female if one desires to remain part of humanity!

To participate in bizarre and subhuman or inhuman practices might very well free you from societal restrictions, but it might also make you an inhuman monster and that would cause your Divine counterpart to become an opposite inhuman monster! It would also make it that much harder to merge with your Divine counterpart.

The creation and development of the androgynous soul naturally forces you to develop and integrate the opposite sex qualities of your own ego. Working with sexual orgasm energy naturally forces you to confront your own innermost fears as well as those of your Divine counterpart because it works with subconscious forces. The acceptance and integration of those innermost fears are far more powerful than any Orthodox head tripping taboo breaking and opposite doing. That is because they precisely trigger those things and activities needed to be confronted and integrated on a deep and intensely personal level. Instead of confronting collective fears and demons, you're forced to confront your own personal fears and demons as well as those of your Divine counterpart!

In fact, focusing on taboo breaking and bizarre behaviors concerns our relationship with society, not with the development of our soul!

Organic Gnosticism breaks even more completely with orthodoxy concerning the left-hand path! The generation of sexual orgasm energy twice daily over long periods of time will provoke incubus or succubus experiences, attract the necessary opposite sex energy and develop the androgynous soul at different levels of the astral planes! It will also draw us to the proper opposite sex partners in real life. As the androgynous soul is created and strengthened its powers and abilities are also strengthened automatically! What I am saying is that practice and technique are not what develops the soul and its powers. The generation of sexual orgasm energy and its automatic combining with opposite sex energy is what develops the soul and its powers! This continued generation of sexual orgasm energy twice daily is literally the only requirement for the development of the androgynous soul and for eventual contact with one's Divine counterpart! As the androgynous soul is developed completely at each level its powers are activated automatically and naturally as a consequence.

All other teachings, techniques, and beliefs concerning the so-called left-hand path are superficial and of no consequence! The entire process is driven by the continued generation of sexual orgasm energy over long periods of time and by nothing else! This is a mechanical and automatic process that works organically without the need for conscious control or direction. It makes use of the innate intelligence of the human body and its own natural functions as well as cosmic law! The sharing of opposite sex energies in love relationships is what is important. The energy will seek out the right partner magically.

All of this can be easily demonstrated and proven through personal experience. Organic Gnosticism collects the needed information on how to develop the androgynous soul safely and effectively and how to ultimately connect with one's Divine counterpart!

This is the Kali Yuga and for the next 2000 years sexual orgasm energy, vital life force energy or garden of Eden energy has become available for all life forms, not just humans. All species can use this unprecedented opportunity to develop their souls and magical powers. If humanity does not use this energy it will be eclipsed by other species that are more vital and adaptive. The higher levels no longer offer empowerment or protection against this wave of creation energy!

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Shiva And Kali

When we consider Tantrism, Buddhism and Hinduism it is immediately apparent that most of the knowledge contained within these paths, especially those that follow the left-hand path, is based upon personal experience and as such able to be duplicated by others. The student is not expected to blindly believe what they are told, but to experience it personally and directly within his or her body.

This is especially true in regards to the Tantric generation and use of sexual orgasm energy in the development of the soul and the various subtle bodies. For the past 4000 years the energies of empowerment have been those of the throat chakra and the third eye, abstract mental energy and so called Christ consciousness, respectively. That is 4000 years of denial of all other organic intelligence and awareness!

In today's world people debate whether there is a soul or extrasensory abilities. Materialism has become so prevalent that the spiritual or nonphysical side of life is not recognized and ignored by large segments of the population. All of that is about to change, and to change radically as the crown chakra energies of unity and the sexual orgasm energies, the garden of Eden energies, dominate our new world! This is the Kali Yuga! This is the age of Tantrism! This is the age of the left-hand path! This is the age of the diamond or thunderbolt body!

This is the age when each person has the opportunity to experience for themselves the reality of the soul and the reality of the nonphysical worlds and beings. There is nothing theoretical about this, only experiential! There is an organic process which is sweeping across our world and opening our psyches to new realities.

In the book "the yoga of power: Tantric, Shakti and the secret Way" by Julius Evola he says:

"The tantras go on to reaffirm the ancient Vedic-brahmanic and Buddhist belief in the siddha's superiority to all other divinities. The siddha has power over three worlds. No God, including Brahma, Vishnu, and Hari – Hara can resist him. The possibility of doing as one pleases and to prevent things from happening is theoretically upheld. The siddha is Lord of death in the specific sense of being able to kill the body through an act of the will – the so-called Samhara – mudra, the act of dissolution – of not experiencing death, and of transferring one's consciousness to any chosen level of existence. A siddha, according to Milarepa, goes at will through existence as an untamed lion freely roams a mountainous region. A power often considered by Tantrism is the so-called phowa. On the one hand, this power consists in projecting oneself outside one's body, into bodies corresponding to other abodes

or cosmic planes. On the other hand, it consists in assuming someone else's body, thus becoming the real driving force behind that person's thoughts, resolutions, and passions, which he still believes to be his. In particular, a siddha cannot lie, since his word is a word of power, which commands to reality; thus everything he says would become true. In him the fundamental Tantric motif of the unity of bhoga and mukti is actualized. He enjoys the dignity of chakravarti, of a world ruler, and also of a freedom that cannot be expressed anywhere else. The tantras therefore claim that there is no yoga as powerful as kundalini yoga."

This is powerful stuff! Especially when one is asked to personally experience it for themselves and not just take it as an element of faith. Perhaps the most powerful images of the Tantric path are those of the divine couple Shiva and Kali/Shakti.

Shiva is portrayed in a dance representing the rhythm of both the creation and destruction of the worlds. Notice the use of the plural. These worlds represent the multidimensional astral planes or the spirit jewel worlds which create and support the manifestation of the physical world we experience. He is also depicted as shooting forth unending quantities of sperm energy.

This image contains the entire secret of Tantrism in terms of the male generating sexual orgasm energy. Consider this excerpt by Julius Evola:

"In a highly symbolic Tantric icon Shakti is portrayed at the earth's level (the muladhara chakra) as a snake wrapped around Shiva's phallus and resting its head on the phallus's orifice. We must refer to the metaphysical theory according to which animal or physical generation is an empty surrogate of spiritual generation. The continuation of the species, through the use of sex perceived mainly as a generative power, represents a sort of ephemeral and earthly eternity, or a facsimile of continuity, in the series of separated, mortal individuals that follow one another in time. This spatio-temporal continuity is a mere surrogate for the continuity that would be insured by an ascending or vertical birth, or by a metaphysical integration that is well beyond the finite state of an individual who is conditioned by a specific physical body. Shiva's reproductive organ (phallus), is called svayambhu-linga, or supportless linga, since it has its principal within itself. The term alludes to the power proper to a different begetting, not physical, but transcendent and anagogic; a begetting into a perfect, unblemished, incorruptible, and eternal life. Kundalini's head is blocking the opening of Shiva's phallus, thus preventing the ejaculation of semen, which is the principle of such an endogenesis. This clearly signifies that polarization, in the sense of sexual desire and procreative energy, prevents the force of the Shaivist's vayanrbhu-linga from becoming explicit and from assuming its proper form."

What is described here is the deliberate use of sexual orgasm energy driven in an upward direction for the creation of the immortal physical body or the soul. This is done through the process of sperm retention during orgasm. Personal experience will readily show that the generation of sexual orgasm energy twice a day is required for the destruction/creation of the astral universe and development of the soul. This is to be considered a continuous or ongoing process taking place over several years.

"Kali/Shakti is portrayed in this way:

A further interpretation of Kali's role is found in popular iconography. There Kali appears black and naked, wearing only a necklace of severed heads. Under this aspect the goddess is Shiva's Shakti, namely, his power of active transcendence. The color black represents transcendence over any manifested and visible thing. According to a well-received etymology of the word, her name is Kali since she devours time, becoming, and progress, which constitute the lot of samsara existence. Her

nakedness symbolizes her being free of forms. The 50 heads she wears around her neck which in popular mythology belong to slain demons are made to correspond to the 50 letters of the Sanskrit alphabet, which in turn symbolize the various cosmic powers presiding over the manifestation (matrika, which Greek speculation identified as logospermatikoi) The heads allude to those powers because they are removed from the elementary nature, proper to the descending phase. Therefore, if the role of maya-shakti's power in the tantras is one of negation, then Kali's role, and the aspect so far considered, may be said to be a negation of the negation. Here we begin to witness the self-destructive and self-transcending orientation of the power that in Tantrism plays a considerable role, especially in the context of left-hand practices and rituals. To destroy and to transcend should be seen mainly in terms of (1) going beyond manifested and conditioned forms, and (2) getting rid of the habit of identifying oneself with external forms, whether human or cosmic. The destruction considered here concerns the elements of desire and of enslaving fascination with the self. It is considered a matter of secondary importance if, at an individual or social level, this attitude may eventually require severing relationships and personal attachments. When we talk about the process of destruction at work in the multiform world of nature, we should not confuse it with Kali's attributes, since they serve the transcendental purpose of leading upward and beyond ( this incidently, is the Latin etymology of the word transcendence). That is why in a Tantric hymn Kali is presented under that particular Shaktic form in which she picks up what preceded her. In this context, the term employed to describe her action is vikvasamghera. In it, Shiva's power, or Shakti is clearly manifested."

What is being described here is Kali's role in receiving Shiva's sexual orgasm energy, mixing it with her own, and weaving a brand-new reality out of the substance out of the substance of the old reality. In doing this she uses his energy as the pattern for a new creation. This entire process takes place within the astral realms prior to manifesting as physical reality. In the act of creating a new reality out of the substance of the old reality both destruction and creation appear simultaneously.

This time the process involves working with female sexual orgasm energy, receiving male sexual orgasm energy, combining with it, and through the destruction of existing astral realities creating something new. Again, sexual orgasm energy needs to be generated at least twice a day to destroy the existing fabric of the astral worlds. This is symbolized by the continuous and unending intercourse between Shiva and Kali.

All of this happens upon the nonphysical planes of the astral. It is the continuous and unending intercourse between the subtle bodies of the male and female that destroy and create new realities and new universes! It is not a requirement for the female and the male to be physically joined in a sexual embrace, but they must be joined in a nonphysical embrace and in the exchange of non-physical sexual orgasm energy.

This is perhaps the most profound and powerful secret of Tantrism! Stated plainly, the male and female partner must both generate sexual orgasm energy at least twice a day, continuously, over an extended period of time. But this energy can be generated auto erotically and transferred into the astral or spiritual planes where it will automatically find and combine with the opposite sex energy of the correct partner! The two opposite sex partners are not required to have physical contact, only nonphysical contact! It is the soul contact that is important, not the physical or sexual contact!

This aspect of Organic Gnosticism develops the soul and its powers through the use of the subtle body or nonphysical body which in the past has been incorrectly termed an incubus or succubus. These subtle bodies are in actuality aspects of an individual soul and projections of the physical body.

For the first time Organic Gnosticism reveals the stunning truth! You do not require a physical partner and a physical relationship to practice Tantrism and the development of your soul. Until you find the correct physical partner you can work auto erotically and your sexual orgasm energy will seek out and be drawn to an appropriate soul partner! It does not matter whether you are male or female.

This is possible because the energy of the new eon is sexual orgasm energy, vital life energy, or garden of Eden energy, whichever you prefer to call it. It is now available to all life forms and all species! This is the Kali Yuga in which all the secrets of Tantrism will be revealed! I Share this:

### The Kali Yuga

I would like to begin this chapter with an excerpt about the Kali Yuga from the book “The yoga of power; Tantra, Shakti, and the Secret Way” by Julius Evola. It will serve as an introduction to some of the concepts that I would like to address later in this post. This excerpt also proves that Organic Gnosticism has been known all through the ages but kept secret.

“The intent was to convey the idea that Tantrism presents an extension or a further development of those traditional teachings originally found in the Vedas and later articulated in the Brahmanas, the Upanishads, and the Puranas. That is why the Tantras have claimed for themselves the dignity befitting a fifth Veda, that is, a further revelation beyond what is found in the traditional four Vedas. To this they added a reference to the doctrine of the four ages (Yugas) of the world. It is claimed that the teachings, writings, and disciplines that would have been viable in the first age (the Krita or Satya Yuga, the equivalent of Hesiod’s golden age) are no longer fit for people living in the following ages, especially in the last age, the dark age (Kali Yuga, the Iron Age, the age of the wolf in the Edda). Mankind in these later ages may find knowledge, a worldview, rituals, and adequate practices for elevating humans over and beyond their conditions and for overcoming death (mrityun javate), not in the Vedas and in other strictly traditional texts, but rather in the Tantras and in the Agamas. It is stated therefore that only Tantric practices based on Shakti (Shakti –sadhana) are suitable and efficacious in our contemporary age. All others are considered to be as powerless as a snake deprived of its poison.

Although Tantrism is far from rejecting ancient wisdom, it is characterized by a reaction against (1) a hollow and stereotypical ritualism, (2) mere speculation or contemplation, and (3) any asceticism of a unilateral, mortifying, and penitential nature. It opposes to contemplation a path of action, of practical realization, and of direct experience. Its password is practice (sadhana, abhyasa). This runs on the lines of what may be designated the dry way, resembling the original Buddhist doctrine of the awakening, with its reaction against a degenerated Brahmanism and its dislike of speculations and hollow ritualism. One among the many Tantric texts remarks rather significantly:

It is a womanly thing to establish superiority through convincing arguments; it is a manly thing to conquer the world through one’s power. Reasoning, argument, and inference may be the work of other schools [shastras]; but the work of the tantra is to accomplish superhuman and divine events through the force of their own words of power [mantras]. And also:

A special virtue of the tantras lies in its mode of Sadhana. It is neither mere worship [upasana] nor prayer. It is not limiting or contemplation or repentance before the deity. It is the Sadhana which is the union of Purusha and Prakrti; the Sadhana which joins the male principal and the mother element

within the body, and strives to make the attributed attribute less... This Sadhana is to be performed through the awakening of the forces within the body... This is not mere philosophy, a mere attempt to ponder upon the husks of words, but something which is to be done in a thoroughly practical manner. The tantras say: begin practicing under the guidance of a good guru; if you did not obtain favorable results immediately, you can freely give it up.

Thus tantras often employ an analogy taken from medicine: the efficacy of the doctrine, like a drug, is proved by the results it produces, and in this particular case, by the siddhis, or powers, that it grants. Another text says: 'Yoga siddhis are not obtained by wearing yoga garments or by conversation about yoga, but only through tireless practice. This is the secret of success. There is no doubt about it.'

In the previous quotation referring to the body, another important point was alluded to. The analysis of the last age, the dark age or Kali Yuga, brings to light two essential features. The first is that mankind living in this age is strictly connected to the body and cannot prescind from it; therefore, the only way open is not that of pure detachment (as in early Buddhism and in the many varieties of yoga) but rather that of knowledge, awakening, and mastery over secret energies trapped in the body. The second characteristic is that of the dissolution typical of this age. During the Kali Yuga, the bull of Dharma stands on only one foot (it lost the other three during the previous three ages). This means that the traditional law (Dharma) is wavering, is reduced to a shadow of its former self, and seems to be almost succumbing. During Kali Yuga, however, the goddess Kali, who was asleep in the previous ages, is now fully awake. I will write at greater length about Kali, a prominent Tantric goddess, in the following pages; for now, let us say that this symbolism implies that during the last stage elementary, infernal, and even abyssal forces are untrammelled. The immediate task consist in facing and absorbing these forces, in taking the risk of 'riding the Tiger', to use a Chinese expression that may best describe the situation, or to 'transform the poison into medicine', according to a Tantric expression. Hence the rituals and special practices of what has been named left-hand tantra, or the path of the left hand (Vama-marga), which despite some problematic aspects (orgies, use of sex, etc.) represents one of the most interesting forms within the trend analyzed in this study.

It is therefore stated – and this is significant – that considering the situation of the Kali Yuga, teachings that were previously kept secret may now be revealed in different degrees, though a word of caution is issued concerning the danger they may represent for those who are not initiated. Hence what we have so far mentioned: the emergence, in Tantrism, of esoteric and initiatory teaching.

A third point must be emphasized. In tantrism the passage from the ideal of liberation to that of freedom marks an essential change in the ideals and ethics of Hinduism. It is true that even previously the ideal of the jivanmukta had been known. The word means one who is freed, that is, the one who has achieved the unconditioned, the sahaja, while alive, in his own body. Tantrism introduces a specification, however: to the existential condition of mankind living in the last age. It relates the overcoming of the anti-thesis between enjoyment of the world and the asceticism, or yoga, which is spiritual aimed at liberation. In the other schools – thus claim the Tantras – one excludes the other, but in the path we follow these opposites meet. In other words, a discipline is developed that allows one to be free and invulnerable even while enjoying the world, or anything the world may offer. In the meantime, the world ceases to be seen in terms of Maya – that is, pure appearance, illusion, or mirage – as is the case in Vedantic philosophy. The world is not Maya but power. This paradoxical existence of freedom, or of the dimension of transcendence in oneself, and enjoyment of the world, freely experimenting with the world's pleasures, carries the strictest relation with Tantrism's formula and main goal: the union of the impassive Shiva with the ardent Shakti in one's being and at all levels of reality.



This leads us to consider a further fundamental element of Tantrism, namely, shaktism. In the complex movement called Tantrism, the central role was played by the emergence and predominance of the figure and of the symbol of the goddess or divine woman, Shakti, in its various epiphanies (especially under the forms of Kali and Durga). She may be either portrayed by herself, as the supreme principle of the universe, or reproduced under the species of multiple Shakti's, that is, female divinities who accompany male Hindu gods (who had enjoyed a greater autonomy in the previous era), and even various Buddhas and bodhisattvas of late Buddhism. This marked the emergence in a thousand forms of the motif of divine couples, in which the feminine, Shaktic element enjoys a great role, to the point of becoming the predominant element in some of its currents."

I could not have described the power and practice of Organic Gnosticism more clearly than the above words about Tantrism by Julius Evola. The Kali Yuga is an age and according to ancient texts it is considered the last age of a great cycle. Tantrism is a specialized sacred practice of soul development and spirituality during this last age. In fact, it is believed that no other spiritual or religious doctrines or practices are effective during this time. In fact, all the others are considered to be as powerless as a snake deprived of its poison. This is a very strong statement to make and should be considered carefully. It is against superficial and empty religious practices, against speculation, meditation, and suffering or penitence of any kind.

This practice involves the joining of male and female energies within the body and is not theoretical, but eminently practical and giving immediate results. Again these are strong words to be considered carefully. Tantrism and Organic Gnosticism is clearly a path of action.

Another final point is made. Tantrism is so powerful and dangerous it is to be kept secret in all the other ages and only made available during the Kali Yuga.

This brings up the main question, is the current age which we are living in representative of the Kali Yuga? It also brings up a second question, if so, why are the secret teachings of Tantrism not widely known in today's world?

This knowledge has always been known and I call it Organic Gnosticism!

It is accepted that approximately every 2000 years a new and higher vibrational energy is introduced into our world. We speak of this happening with the change from one sign of the zodiac to another. We have just left the age of Pisces and entered the age of Aquarius. A great cycle is considered one complete trip around the zodiac.

What is not so widely known is that each age brings in a totally new energy and causes the activation of that energy center or chakra within the human body. The last 2000 years has been dominated by concrete spiritual energy, archetypal thinking, Christianity, Christ consciousness and the development of the third eye. The cycle previous to the last one was dominated by abstract mental energy, philosophy, logic and reason, reading and writing, development of the soul or Observer self and the throat chakra.

With the advent of each new age the energies of the old age are always considered evil and corrupt. They are considered satanic. Followers of the old energies have always been persecuted. During the last age or Christian era it was faith that was most important, not scientific or logical proof. Hairsplitting dialectic arguments were frowned upon as making a mockery of spiritual truths. Both the Jews and

Irish at various points in their history were highly literate and suffered greatly because of it. The power of the last age was not in mental creations but in spiritual creations.

The current age, the age of Aquarius, brings in a completely new energy that is higher and more powerful than that of the last age, the Christian age. This is the energy and vibration of unity, the level at which all things merge into spiritual light. It is also the nuclear threshold because mass and energy can be converted for peace or destruction. This is the level of the crown chakra and at this level are opposites resolved and duality no longer exists. So the next 2000 years will be dominated by the powerful energies of unity and the crown chakra.

Unfortunately, these energies are not accessible to very many life forms. In fact these energies are not accessible to very many humans! So there seems to be a great discrepancy here. What do the energies of Christianity, the third eye and spiritual faith have to do with the Kali Yuga? The last age? More importantly, what do the energies of unity and the crown chakra have to do with the Kali Yuga? It seems that the energies of the Kali Yuga are the lowest possible energies and not the highest possible energies! Aren't we heading toward a golden age and not a dark age?!

There is also the question of Gaia's Ascension. How is it that Gaia can ascend on the energies of unity and the crown chakra? The lower life forms on Gaia's surface have no access to such high vibratory energies. How can this mystery be resolved?

The answer lies in the cosmic keyboard itself. There are two types of energies that are active and dominate this new age! They are harmonics and octaves of each other and vibrate in unison as one single energy. They are the highest and the lowest energies possible! The other energy is a vital organic energy of life itself, sexual orgasm energy and it is utilized by all life forms. This energy is the garden of Eden energy and the energy that fuels Gaia's Ascension. It manifests through the DNA and cellular life of evolving things. Those life forms that cannot access the unity and crown chakra energies have free access to the lower and more primitive vital life force energy! It is abundantly available to all living things. This is sexual orgasm energy! This is Tantric energy! This is the energy of the male and female combined! This is the energy of divine counterparts!

Suddenly things have changed. For those accustomed to the spiritual energies of the third eye and Christianity, or even to the lower mental energies of the throat chakra, the logic and reason in philosophical speculations, these Tantric energies seem of no consequence and unimportant. They are not taken seriously. They should be! These old eon high-level head tripping energies are no longer effective in developing the soul or raising the human condition. They are no longer useful for true empowerment! For those unable to access the unity energies of the crown chakra the next 2000 years is the dark age, the Kali Yuga, the age of dissolution. The only path available for the development of the soul is Tantrism or Organic Gnosticism! For those that can do this earth will become the new garden of Eden's!

This is the age when gods and goddesses will once more walk upon the earth and mingle with ordinary mortals! These gods and goddesses will be divine counterparts whose individual awarenesses will span the full spectrum of existence, the highest and the lost energies and reveal the complete mysteries of love and sexuality!

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Divine Counterparts And Soulmates

Our Divine counterpart is created at the same time that we develop our own sense of self or ego. We assist each other in this process! This happens in progressive stages. We are both created out of the same soul material at the same time. Each development of our newly created soul is balanced with a corresponding, yet opposite development in the newly created soul of our Divine counterpart.

I mentioned before that the soul or Observer self is created from a perfectly balanced mixture of male and female energies. The soul is neither male nor female and is perfectly neutral. Yet in the beginning our sense of awareness and the sense of self is based completely upon the sex of our physical bodies. As we learn what it is to be male or female we draw those things to us and integrate them as a part of us. At the same time we reject those things that belong to the opposite sex and push them away. The end result is that we acquire a solid sense of self based upon the sex of our own physical body and our Divine counterpart gains a similar sense of self based upon the sex of their body. We are total opposites of each other and have nothing at all in common except the energetic soul link that binds us together.

We discover things inside ourselves that we don't like and push them away in disgust and fear. This act of pushing away gives those things to our Divine counterpart and they become those same things. At the same time we become what they dislike and fear and what they push away. As this process continues our sense of self becomes more firmly established inside of us. The same thing happens with our Divine counterpart and their sense of self becomes more firmly established in a completely opposite way.

Then we discover things that we like in other people and wish they were a part of us, but we don't believe we really have those qualities. We can't find any of those qualities inside of us. Again the same things happens, those things which we can't find in ourselves are given to our Divine counterpart and become a part of who they are. Those things which our Divine counterpart likes but can't find within themselves becomes a part of who we are. These things come to us through the soul link which we share.

At this point our Divine counterpart is the opposite sex, has personal characteristics that we don't like and at the same time has other personal characteristics which we really admire. We are strongly attracted and repelled by them at the same time and they feel the same way toward us. We are not consciously aware of these things. The only thing we are aware of is the powerful spark that exists between us. We are polar opposites of each other, Satan to each other!

For those without a soul this is where the process stops and there is a mutual attraction/repulsion between them, a clash of will and ideals, a battle of the sexes. This is the old way! This is the way it has always been! In the past neither Divine counterpart could experience or understand life from the point of view of the other. There was no common understanding of life experience but only duality and separation! They did not live in the same world as we did. But that has now changed! It is now possible for divine counterparts to find each other and experience full spectrum physical love relationships together for the first time! This is the new pattern and it already exists within the astral planes! Instead of Satan to each other, each is now able to become a loving companion to their own Divine counterpart!

Our newly created soul requires an equal balance of male and female energies and our physical bodies can only provide one of those energies. We must receive the opposite sex energy from personal relationships with the opposite sex. We exchange this energy through the process of falling in love.

This feeling of being in love is a magical feeling with energy exchanging between the two of us and this mingling of these two energies create something inside of us, something beautiful, and causes something to grow, causes our souls to grow! It happens to both of us and it is magical! It is love!

Yet a point is reached when the spark dies, when the magic is gone, when there is no more soul growth. This is the point where love dies! The point is reached where we can now find things in ourselves which we could only find in our partner before. Because we now find them in ourselves they're not as attractive in our partner. At the same time, due to conflicts within the relationship, we find those very same things in ourselves which we dislike in our partner. Our relationship has caused us to become aware of things about ourselves that we don't like.

These are the reasons why the spark of love dies in many relationships. Yet even though the spark has died our soul has become larger and more balanced. We now contain a mixture of male and female energies. We no longer identify exclusively with our physical body, but realize that we are much more. We have a soul! Our sense of self is no longer focused upon just the physical. While these changes are happening inside of us they are also happening inside our Divine counterpart.

We have not yet met our Divine counterpart face-to-face. We have only met other people whom we thought might be soulmates because of the strong sense of love and attraction that draws us together. With them we experience love, soul growth, and then the painful realization that we are not compatible with each other. With each relationship, each time we fall in love, our soul becomes larger and more balanced and our sense of self becomes more peaceful and spiritual. We learn how to find those things we admire in others within ourselves and we learn to accept and integrate those things about ourselves that we don't like. As this is happening to us it is happening to our Divine counterpart as well!

Our Divine counterpart is our polar opposite, our true opposite, and the only way we can ever come together is through absolute unity where duality no longer exists! This can only happen at the highest spiritual level of existence. This can only happen through the mystical experience of becoming one with God, becoming one with everything that exists! Such mystical experiences of union with God are in reality connections and reunions with our Divine counterpart. There is a powerful bond and attraction of love between divine counterparts that is both spiritual and sexual in nature. It is a feeling of bliss and indescribable love! Is the feeling of becoming one with God! It is orgasmic!

When one Divine counterpart is having the mystical experience of becoming one with God during meditation and prayer the other may be having the mystical experience of becoming one with God while giving birth to a child! The mystical experience of unity is shared by both at the same time, but the personal experience of each is completely individual!

Once this first contact happens an entirely new sequence of events is activated within the lives of both divine counterparts. There is an intense power of attraction and energy exchange between them at the highest spiritual levels! At these levels the sense of self is challenged in every possible way until it is completely destroyed. This is the death of the false human ego! At this point all the soul fragments of one Divine counterpart are transferred into the other. This happens to both of them as they exchange parts of their souls. Each Divine counterpart has experienced the death of their own ego and now carries a fragmented version of the other inside of their own soul which makes them more complete.

Yet these fragments are now parts of their own soul and a massive healing process begins at the highest levels as they both begin communicating with each other on the soul level. Each Divine counterpart now protects the other against all outside influences and dangers. This process will not stop or be

interfered with until both are healthy and complete! Each Divine counterpart creates timelines for the other which will allow each fragment to heal and to be integrated. This is a very specific process.

As each Divine counterpart follows its own timeline or destiny and becomes more healed and complete it also becomes more identical to its mate. In finding ways to heal and integrate these fragments they both become more like each other! Level by level they become true mates and companions! The bond between them increases in power and intensity and they are drawn even more closely together within the astral planes.

The next stage is when they are spiritually and platonically drawn to each other at the physical level and begin communicating with each other. For the first time they become aware of each other and the true nature of their relationship. Layer by layer, level by level, they draw themselves to each other through the intense power of the love they have for each other.

The attractive force between divine counterparts is so strong that nothing can keep them apart once they have found each other. It is only a matter of time until their relationship is consummated in some way. As each layer is completed the energy flowing between them becomes stronger and harder to resist. The entire focus and goal of each becomes physical union with the other! As they both become more focused and goal oriented they become even more like-minded and compatible. They are no longer true opposites, have become divine counterparts with similar outlooks and beliefs!

The final stage occurs when they are so closely fused together that they both exist inside each other at all levels and function as one. At that point the resources and abilities of one become available to the other at all times. They have become like the yin-yang symbol, opposites with similar shapes and joined in such a way that the movement and desire of one supports and strengthens the movement and desire of the other. For all practical purposes they have become one soul living within two bodies.

Before this happens this same cycle happens between soulmates. Soulmates share specific types of soul connections with us that allow us to grow until we are healthy enough to attract our Divine Counterpart.  
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« Chapter 3A  
The Astral Planes »  
The Soul

In thinking of the soul the first thing we need to realize is that we originated from the same divine sparks of light and love energy as everything else in the universe. Our physical bodies contain the same molecules and atoms found everywhere else in nature. Yet our conscious awareness remains independent of our physical bodies. Our awareness can be focused in the present moment so strongly that we are not aware of the passage of time. We can be so engrossed in television that we don't even feel our physical bodies. We can be so caught up in daydreams that we miss out on what is going on around us. And of course, our nights are often filled with dreams in which our awareness travels in strange and wondrous worlds.

Is this awareness our soul? Not necessarily! The real answer to this question lies in whether our awareness can hold itself together after death when it leaves the physical body. It depends upon our

concept of self, it depends upon the strength of our ego and whether our ego identifies with our physical body or with our nonphysical spiritual body. If our awareness cannot hold itself together after the death of our physical body it will fragment into random emotions, sensations, desires, thoughts and images. These fragments will then once more be absorbed into the group soul of the human race where they will mingle together with other fragments to form new personalities and new lifetimes.

Another name for our soul is the observer self. It is this observer self that can collect the fragments of our personality upon the death of our physical body and reunite them in a meaningful way. This observer self is the basis of the human soul. Julian Jaynes in his book *The Origin of Consciousness in the Breakdown Of the Bicameral Mind* shows us that humanity is evolving much more rapidly than we previously believed possible. In essence, it was only a few thousand years ago that humanity was operating as a type of hive mind with a central authority which all the workers obeyed without question. Humanity was genetically inclined to obey this external authority without question. It was a hierarchy with a caste system that was rigidly followed. Only in the last 2000 years has this really changed. Humanity has been going through the process of individuation, of discovering and following an internal authority through the development of the self or human ego. Humanity has been in the process of evolving the individual soul! Not all modern humans have a soul!

The simple soul or rudimentary soul is created as a byproduct of the ability to create an internal world that reflects the outer world. We have the ability to see ourselves within this internal world and thus the soul and consciousness or the normal human ego corresponds to the "observer self" in modern psychology. It is a product of the creative imagination. The abilities of the soul include art and symbolic thinking. The observer self remains neutral and does not participate in dream activity but remains a watcher. The observer self or the human soul is created from a balance of male and female energies. It is neither male nor female but includes both in an integrated manner. It is this observer self that holds the personality fragments together as much as possible upon the death of the physical body.

This creative soul is the evolutionary leap of humanity resulting from the invention of the written word, occurring for the first time only around 5000 BC. Prior to this time normal humans were not truly conscious and did not truly have souls. Those few humans that did have souls were the leaders of traditional civilizations involving strict systems of hierarchy. Humanity consisted of herds or societies of group minds or hive minds directed by those leaders who were the only ones that had souls. This was the old way.

The horrific element in all of this is the large portion of modern human society that has not developed the immortal soul, the observer self, the ego. Again modern psychiatry and psychology tell us that schizophrenics, psychotics and others with mental or emotional illness have poorly developed ego's and self esteem issues. How many people do you know that have poor self esteem? Do they have a soul? Do you?

In today's modern world this evolution is still taking place and perhaps half of humanity still has not developed the "soul" in the terms specified above. By this I mean the ability to have an internal world and the ability to see one's self creatively within this internal world.

Once more Julian Jaynes clarifies this for us. The person without a soul, an observer self or an ego can still function almost normally within society. They can be intelligent, learn rapidly and be highly skilled, but they are not dreamers! They are literal! Their awareness remains in the physical world except when forcibly torn from it through intoxication, drug use, devout religious prayer or crisis. They rely entirely upon memory and repetition of what has worked in the past. When confronted with

unfamiliar situations they remain helpless unless told what to do by an “external authority” or “higher power”. Instinctively these people feel the need to “escape” and to have their “souls” torn from the torment of this perpetual present moment through traditional religion or artificial experiences such as drug and alcohol use.

I’m sure that you can recognize a few people that fall into this category.

There are two factors that need to be taken into consideration. The first is the strength of ego or sense of self and the second factor is how strongly the ego or sense of self identifies with the soul or nonphysical body and with a nonphysical awareness. Both of these are needed! The sense of self needs to be strong enough to hold all aspects of our personality together after the death of our physical body and it needs to be aware of itself as a nonphysical awareness that does not require a physical body to exist.

Strength of ego or sense of self is largely determined through self-esteem. How is self esteem developed? Through competency and the creation of values.

However, this is not as easy as it appears because of the insanity of modern society. The mental and emotional illnesses that remain unrecognized and unchallenged within modern society often work directly against this process! To put it bluntly, developing personal survival skills, the ability for self defense and training in basic first aid procedures do more to develop self esteem than anything else that is currently known. These three skills affect a person at such deep and core levels that they are able to neutralize most negative and pathological programming by getting beneath them.

The development of basic survival skills allows a person to feel comfortable in his or her ability to provide for themselves and their family no matter what external circumstances might occur. They know themselves as “survivors” and because of knowing themselves as “survivors” they survive! This allows them to feel good about themselves and to have a healthy self-esteem!

The same is true with basic self defense skills. The use of fear and intimidation is rampant within our society. We are taught to be afraid, not taught to be self-reliant. Fear and intimidation are powerful methods of coercive force used against us and the only way to rise above them is to have the ability to protect ourselves. We need to believe in our ability to deal with problems and emergency situations! This helps us to feel good about ourselves!

Consider these examples: My father once asked me whether I stopped at stop signs because I was afraid of getting a ticket or afraid of being in an accident? I told him in no uncertain terms that I stopped at stop signs because there is collective agreement among drivers that this should be done. I did not do it out of fear! Or what about this other fear based slogan used by the Highway Patrol, “Click it or ticket!”

The more ability a person has to defend themselves, the less power fear and intimidation have over them.

Training in basic first aid procedures works in the same way. There is no feeling more horrible than that feeling of helplessness when someone is injured and we don’t know what to do. There is a need for action and we are unable to do anything. When this happens we do not feel good about ourselves! If we know what to do and can act appropriately we feel good about ourselves!

It should be abundantly clear how these three skills are of absolute importance in the process of developing self esteem at the lowest possible level. They not only act to empower a person but they also in many cases provide mental and emotional healing for the individual and help them to feel good about themselves and believe in their abilities to live the type of life they desire.

Now consider our modern society. Does modern society encourage survival skills? On the contrary, it actively encourages specialization of skills with a corresponding dependence upon others for various specialized functions. Can you see this as the continuance of the hive mind mentality which creates castes and hierarchy? Humanity is now evolving away from this, not evolving toward it! This is the old way, not the new way! This does not develop the ego or the soul, but develops non-ego and collectivism.

Does modern society encourage the development of self defense skills? On the contrary it actively discourages self defense claiming that law enforcement is to serve the function of defending society. The problem with this is that it is merely an idea, a concept that falls down in the confrontation with reality. Reality is the present moment and the requirement for self defense occurs within the present moment, not when the police arrive. Then its too late! We live in the present moment and need to react in the present moment. We need to feel safe in the present moment. The police are never there in the present moment. Is that too hard to understand?

Well, how about basic first aid training? Does modern society support general training in basic first aid? You've got to be kidding. Even the police are by law now prevented from offering medical assistance at accident scenes. Someone might sue them! Forget about supporting the common bystander in this!

So does modern society support the development of self esteem in individuals or does it do everything it can to actively hinder this process? Do social workers and the welfare system provide empowerment of individuals or make them more dependent upon the system itself? The Organic Gnostic will answer that there is a sickness within modern society that tolerates and preserves just those very things that work to prevent development of the soul by blocking the creation of self esteem and the strengthening of the ego. In an evolutionary sense modern society is trying to revert back to the hive mind where all but the ruling class are mindless robots without souls. Instead of drawing people into the infinite opportunities available within the present moment, into positions of empowerment, it seeks to keep them helpless within the present moment at all costs, slaves to some higher and more sacred cause which demands their sacrifice and life's blood, to something promised in the far future that will forever remain out of reach today.

In Organic Gnosticism the soul and the body are tightly bound together in a resonant circuit. In the book Synagogue of Satan Stanislaw Przybyszewski informs us that the soul is an extrusion of the physical body. The soul is developed and strengthened through stressing the physical body until it gives off nonphysical energy and this can take place through Tantric sexuality, physical violence or extreme conditions, extreme emotionality, extreme study or even extreme prayer and meditation. The soul is developed through extreme living!

When this concept of the resonant circuit and that of reincarnation are combined one discovers with joy that the cycle of birth/death/rebirth is an eternal one and that millennia from now our souls will require a physical body of some type. The worst thing a person can do is to live a bland life of no effort in which there is little or no soul growth. The highest achievement is to live life to the fullest, experiencing both the good and the bad that comes one's way and embracing it to the fullest! This



means to live and die with dignity and honor! There is no reason to fear death because there will be other lifetimes. There is no reason for mediocrity. The individual awareness and the soul will continue on after death of the physical body.

In his book *Satan's Children* the statement is made that if there is an afterlife for the soul it will only belong to Satanists because they alone have developed the power of their souls through passionate living. Those that live mild tranquil lives of sloth and boredom have not put forth any effort and thus have not generated any energy for the advancement or development of their souls. It is only the Organic Gnostic that can creatively and explosively learn to find solutions "outside the box" and more completely develop the powers of their soul. In doing this they are always outsiders and not herd animals. They are true individuals! Only a person with a powerful soul can travel the heroic path of Organic Gnosticism!

For the first time a true understanding begins to emerge. In Organic Gnosticism we understand the complete creation and balancing of the soul as the divine Androgyne, half male and half female, with an awareness that is able to span the entire spectrum of human existence from the spiritual light to the dark, earthy, pure black energy of life giving sexuality itself. This is an awareness that always returns to a physical body for the full spectrum of experience it can give. This divine Androgyne is created through the wonderful and horrible process of falling in love and then falling out of love. It is the product of a loving and healthy human sexuality. In our world we can see the roots of violence and hatred as the frustrated responses of a blocked and unnatural human sexuality.

Here is what he said in his introduction to *De Profundis*:

"When I speak of the revelations of the soul in the sexual life, naturally I'm not thinking of the bland, brave, comical – spicy eroticism of a Guy de Maupassant, nor the sweet – repulsive ready-made petticoat poetry of a Peter Nansen, nor the sated indifference of the marriage bed. What I mean, is the painful, fear filled awareness of a nameless, terrible power which throws two souls together and seeks to join them in pain and torment, I mean the intense torment of love, in which the soul breaks, because it is not able to merge with that of the other, I mean the enormous feeling of oppression in love, where man feels the activity of a thousand generations within his soul, a thousand centuries of torment and ever again the torment of these generations, which destroy the future in a frenzy of rutting passion, I think only of the soul's side in the life of love: the unknown, puzzling, great problem, which Schopenhauer seriously brought forth for the first time in his "Metaphysics of Love", yet really with little success, because logic and reason is not sufficient for the illogical soul."

What he is talking about is falling in love and believing that you have found the missing half of your soul, only to painfully find out that your soul is not able to merge completely with that of the other person. When successfully done this divine Androgyne is a god or a Satan, a Divine Counterpart, the completion of the goal. But what is the beginning? What is the beginning of the soul? How does a person with a soul differ from an animal that does not have one? And what is a Divine Counterpart?

This is the view of the Organic Gnostic, but what about the view of Christianity? Christianity seeks to escape from physical life and the wheel of reincarnation. It teaches that the soul is immortal and that one needs to save their soul, to return to the spiritual light of the Godhead, to the spiritual light of creation! The reality is almost exactly what they say! If a soul refuses physical reincarnation it will gradually rise through the astral planes and fade away into extinction over thousands of years. It will return into the light with only the awareness and consciousness of light, and the soul will be no more.

Yet even Christianity admits the power of physical incarnation in the creation and strengthening of the soul. The human soul with its physical body is capable of immense soul growth during its brief lifetime, far more than would be possible if it had chosen to not live a physical life. The use of physical energies can be applied to the creation and strengthening of the nonphysical soul. The command of Christianity is to subject the physical body and channel its energies directly to the higher levels of the soul.

The lowest possible and most powerful type of energy that can be generated by the physical body is that of sexual orgasm energy. Through Tantric sexual practices the soul can be developed and strengthened immensely so that it is empowered upon all levels of the astral planes and well-prepared for its next physical incarnation. Through such practices the soul can become strong and healthy. It can provide a safe nonphysical home for awareness at the death of the physical body! This practice has long been understood by other religions such as Buddhism, Hinduism and various yogic schools as well as the cults of Vishnu and Shiva.

But Christianity has forbidden and vilified human sexuality and made it something of the devil. It has taken the most beautiful gift that humanity has and turned it into something repulsive. In its teachings it has taken away the most powerful means for the strengthening and regeneration of the soul and promoted a life renouncing worldview that leads to the extinction of the soul, not to its continued existence or to immortality as it claims! Life is sacred! Those who refuse further incarnations will gradually rise through the astral planes over thousands of years and fade away like a soul with Alzheimer's disease, not even realizing what they are missing!

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How It Works!

The soul or observer self that observes our dream selves in dreams is perfectly balanced between male and female energies. Our task is to increase the powers of the soul by empowering it within all the astral levels. This means developing astral bodies within all the astral levels.

But we also live within physical bodies that are sexual, male or female. The male physical body can only generate male sexual energy and the female physical body can only generate female sexual energy. Both need each other for the creation of astral bodies and the empowerment of the individual Soul.

The male physical body is created to ejaculate sperm and to create more sperm on a continuous basis throughout life. In this manner it is expansive and always pressurized, pushing out for release. The act of sex is the natural function that allows this release of pressure.

The female physical body is created to take in male sperm and give forth life. She is born with the number of ovum or eggs that she will carry through the rest of her life. The act of sex is the natural function that allows her to give birth to life.

But sex exists upon the astral planes as well as the physical planes. Within the astral the male is a solar, radiant energy that causes the astral to grow and expand. The female is like a prism that catches the rays of the sun and creates a rainbow of colors. That is why the feminine is so beautiful! She both creates and is the world that we all live in and love.

The power of the male is voltage or astral pressure. The power of the female is creation and attraction.

The male and female begin to generate sexual orgasm energy. As the voltage builds a point is reached within the astral where the energy of one is attracted to the energy of the other and that energy flashes between them as a spark of love and passion. It is a frequency or harmonic that they share at the soul level.

The male continues to astrally send male energy to the female and it fills the female until she is complete. At this point her soul is born and she has an observer self. She continues to astrally accept the male energy and conceives an astral child which she gives birth to. This astral child is the new astral body of the male, the observer self of the male or his soul body. This is the occult hidden meaning of being “born again”!

The male and the female are now astrally linked through the astral umbilical cord. As he continues to generate male sexual energy and send it to her she returns it to him and he creates a timeline within the astral, a timeline that is for both of them. When this timeline is created the energy then returns to her and she creates an astral world around that timeline.

This completes the cycle of soul and world creation and happens within all levels of the astral planes. This is the essence of tantric practice and the essence of all spiritual and magical practices.

This cycle must happen for each of the astral worlds, the worlds of spirit, mental energies, upper emotional energies, lower emotional energies, etheric energies and sexual energies until the astral is forced to manifest the created world and timeline as a physical reality.

The magical couple are soulmates to each other at the level of the world they create. At this point they can choose to continue on together following the timeline the male has created within the world the female has created or they will split apart and go their separate ways more empowered than they were, more complete than they were because they carry the essence of each other in their hearts and souls forever.

More will be clarified in later chapters but this is the essence of the development of the soul and its empowerment for both males and female

## Basic Building Blocks

The basic building block of everything is the photon/electrical energy. The basic type of energy is vibratory energy that exists as outward and inward pulses of light/electricity. These vibratory pulses exist simultaneously within six dimensions. Three dimensions of space/time and three dimensions of time/space.

Another way to say this is everything exists simultaneously in the physical world and within the astral world. Metaphysical literature has claimed for a long time that there are two worlds, the astral and the physical. There are two bodies, a physical body and a non-physical body called a soul. Human life originated as a divine spark of light and evolved into its human form over eons.

It has also been said that foundationally everything is a form of vibratory energy. For the first time a scientific theory supports these claims. This is especially true when combined with modern chaos theory.

As energy pours into the universe evolutionary forces cause the vibratory energy of the photon to make a quantum leap into rotational motion. The photon evolves into rotating magnetic field energies of the entire electromagnetic spectrum including cosmic rays, sound waves and radio waves.

These rotating waves continue pulsing with an inward and outward movement forming an expanding vortex of clockwise North pole magnetic field energy or a concentrating vortex of counter clockwise south pole magnetic field energy.

Our galaxy has a massive black hole at its center that is driving the rotational forces of the entire system. One day our world will be pulled into that black hole and cease to exist. Again these magnetic vortices exist simultaneously within two worlds, the physical and the astral. Occult and magic theory term these vortices as "Cones of Power". The clockwise cone of power is considered created out of "Spiritual Energy". This is because it resists merging with other types of energy and remains pure. It cleanses and purifies.

The counter clockwise cone of power is considered a "Manifesting Energy". It will mutate and merge with other types of energy to aid in physical manifestation. This is an energy of change and transformation.

The third quantum leap is the resolution of paradox and union of these male and female vortices. They combine to create spheres. In the physical world they create atoms with atomic particles. In the astral they create astral objects. Astral objects are always the combination of the two types of energy. This shows the basic polarity of the universe and life itself.

Outward expanding energy is termed male energy. Inward contracting energy is termed female energy. It is in their union that objects appear. In a greater manner the union of the space/time universe and the time/space universe create the life we experience.

Continuing with this exploration of Dewey Larson's Reciprocal theory: We find two basic types of movement within the universe and within life itself. There is an outward expansive movement such as the photon. This has traditionally been termed male energy and associated with light.

There is an inward constricting or formative shaping movement such as electricity. This has traditionally been termed female energy and associated with earth energy and physical matter. These two movements continue into the living world.

We see these pulsations in breathing, the heart beat, the peristaltic movement as food moves through the intestines. We see it in how muscles constrict and relax and even in sexual orgasm. Tension and relaxation are the dual forces that rule existence.

In nature the gravitational pull of the moon as it combines and then opposes the gravitational pull of the sun create the tides of the ocean and the weather. These dual forces create a pulsing action that moves energy, fluid, blood, air and many other things. These dual forces are movement! Life exists to experience this full range of expression and the life force suffers when this pulsing activity is blocked or hindered.

Like a living sponge we need to absorb and contain as much energy as possible and then wring ourselves completely dry by the end of the day. Absorb and expel giving this energy the greatest opportunity possible to flow through us daily.

We find this concept echoed in the works of Wilhelm Reich in his study of orgone energy, the living force of life. He believed all mental and emotional illness were the result of blockages of this pulsing activity. He expressed the expansive movement as orgasm and the constrictive movement as anxiety. Illness arose from not allowing the full range of expression.

We find the works of Wilhelm Reich compatible with the reciprocal theory of Dewey Larson as well.

Tantra

I seem to be on a roll with this new project! Once I decided to take the plunge I can't seem to stop writing! I feel the energy pushing me forward and I'm rolling with it.

The interesting thing about Tantra is that it is considered the path to enlightenment within this lifetime, not the next. It is also the path that develops the "Thunderbolt" or "Diamond" astral body, a very strong and powerful astral body. Other paths teach that one will gain their rewards after the death of the physical body.

If we consider my previous essays it should be clear that Organic Gnosticism is about results! By this I mean immediate and significant results. All it takes is the guts to continue on this heroic path and I mean heroic! The development of the soul and its powers is purely a mechanical process that only requires massive amounts of physically generated energy over long periods of time. You provide the energy and the universe will take care of the rest.

Pick up any valid book on tantra and you will find that it says much the same thing about the power of tantra and also its dangers. Well the dangers are no longer as significant as they were before our collective ascension. If you haven't gone crazy by now you will probably not go crazy because of tantric practices.

By now you are probably thinking, "That's all well and good but I don't have a suitable tantric sex partner!"

Now it's my turn to laugh! You don't need one!

Tantric practice and the generation of sexual orgasm energy can be heterosexual; homosexual or even autoerotic! Chuckle. It is a mechanical process, not a romantic one!

While tantra is usually thought of as male and female partners working together in specific and ritualistic ways; none of the usual rituals or meditations or specifics are required! The only thing required is the generation of sexual orgasm energy at least twice a day over long periods of time. This is perhaps the most misunderstood aspect of tantrism.

Obviously male and female partners working together will be mixing male and female energies for the development of their souls and magical empowerment. But both homosexual workings and autoerotic

practice will work just as powerfully by provoking incubus or succubus type experiences. Medieval cloisters and monasteries were filled with demonic incubi and succubae encounters due to the frenzied masturbatory practices of horny monks and nuns.

The generation of sexual orgasm energy at least twice a day is required to break through the elasticity of astral creations and bonds. Now the female will have no problem with this; but the male will be hard pressed in this regard. More will be said about these things later. I have shared enough for any reader to prove for themselves through practical experience that this practice will provoke explosive dreams on a consistent basis without fail.

It should be stated that tantra is also called “the path of woman” because it is natural for the female but not natural for the male. In this regard the female has the advantage over the male and is often considered the “power” behind tantric practice. Again more will be said on this in the proper place

« Tantra-The Seventh Stage Of Love  
Who Created The Universe »  
Intense Living

All of our personal efforts are progressive and cumulative. Energy which we physically generate belongs only to us and can be used only by us. Our goal should be putting out intense effort for at least one half hour every day if possible. More than two hours of intense effort is too much. This should be done with each type of energy which the body generates.

For developing Etheric energy we should do some type of aerobic exercise. Do something that you really enjoy. Ideally you will stress the body until you get the “second wind sensation”. When this happens the generated energy bursts free of the physical body and goes into the astral planes. You can also stress the physical body by doing breathing exercises but this should be done with extreme care as you will get dizzy.

Sexual energy is developed through the control and exploration of human sexuality and orgasm. Learning to control orgasm and make sexual pleasure last brings great pleasure to both partners and is worth learning. The time spent brings great rewards and personal satisfaction. Too many people do not enjoy their own sexuality.

Confronting anger, fear and depression and learning to transform them into determination and resolve are the best ways to develop lower emotional energy. Find a way to use these energies in a creative and constructive manner.

Take some risks and do some thrillseeking to develop the upper emotional energies.

We create crisis in our lives if we do not have enough excitement. By deliberately planning for excitement we take away the need for much of the crisis we face daily.

Love, honor, patriotism, these are not things to laugh at. They are very important upper emotional energies as well. Find some cause to believe in and act upon it! Stand up for what you believe. Stand up for what is in your heart!

One of the greatest pleasures in life is to learn new things. If possible every day we should make a point to expand the world we live in by learning something new that we didn't know before. This type of learning develops the awareness of our environment and strengthens our mental concrete energy.

Debate and philosophical argument strengthens our minds and our wills. Through practice we develop persistence and the ability to return our focus to what we are doing. If we allow ourselves to be sidetracked we will never achieve the things we want in life. Mental discipline and willpower is vital.

The resolution of paradox and problem solving allows us to learn how to think outside the box and make quantum leaps in awareness. These leaps in awareness are what brings us out of old nonproductive programming. Many people enjoy working puzzles and finding solutions

Prayer and meditation every day can center us and bring us health and peace of mind as we listen to the still small voice of our conscience. We learn the all-important task of loving ourselves. If we can't love ourselves how can we love others?

Lastly, we are all part of the great collective soul of humanity and part of the earth as well. How can we harm someone else without harming ourselves? In truth we are all in this together.

We monitor the development of these energies through our dreams. Our dream life is a form of astral work that reflects physical life. When we are happy and empowered in our dreams we are happy and empowered in our physical lives. Each dream involves a specific type of astral energy and represents our stage of development with that particular energy.

## Sexual Energy

Sexual charisma and magnetism is something that all of us would like to have more of. No matter how much we have is not enough. We want to be sexually attractive to the opposite sex in general and specifically to our partner.

Sexual energy and sexual magnetism are developed through orgasm. More correctly they are developed through the pleasurable waves that flood the body prior to orgasm. This energy floods the body and escapes into the astral to create an astral body out of this sexual energy.

Like each type of astral energy generated by the physical body, sexual energy is cumulative in nature. The creation of an astral body and development of sexual magnetism requires many orgasms or near orgasms. For the male this involves prolonged sexual tension without orgasm as long as possible. For the female this involves riding the peak of the orgasm and making it last as long as possible. These are both tantric practices for the creation and development of the soul.

Those serious about developing sexual magnetism will generate this energy on a daily basis over long periods of time. Often several years go by before this astral body is fully formed and functional. This is a natural cycle that exists within love relationships in which our souls grow through the experience of sharing loving energies.

There are dangers involved in generating massive amounts of sexual energy. The most important of them is that it will stir up deeply buried and repressed emotional baggage as it circulates throughout the

physical body. This will cause emotional releases or outbursts. In more serious cases it may cause psychotic episodes if the repressed emotions are released and take over the body without conscious control.

I personally experienced an episode where I relived every memory of being physically punished as a child. This was followed by two hours of uncontrollable weeping as the repressed energy was released. It was not a pleasant experience but it was a healthy one!



## **Sexual Orgasm Energy and the Healing Process**

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### **Chapter 7 Sexual Orgasm Energy and the Healing Process**

Health and vitality are the result of open energy channels within the physical body. Blocked or trapped energies result in illness and disharmony. The healing process involves opening energy channels within the physical body and gaining conscious awareness and control of those energies.

Scientology teaches that past emotional and physical trauma are trapped within the cells of the body as engrams. The human body has a limited amount of free energy available to it and the release of this trapped and repressed energy can significantly increase the amount of free energy the individual has at their disposal. By going back in memory to the original moment of pain that created the engram in the first place and consciously reliving it; it is possible to regain that lost energy. Only by consciously reliving the experience is it possible to release the trapped energy and claim it once more. The original moment of pain resulted in a momentary period of unconsciousness in which the engram was created. During this moment of unconsciousness a “snapshot” of the entire environment was created. As a consequence anything within that “snapshot” can trigger and release the energy trapped within the engram! A certain smell, a certain sound, a similar environment, a particular emotion, any of these things can trigger the explosive force trapped within the engram.

The same thing is true about sexual orgasm energy! For the average person the orgasm is marked by a moment of unconsciousness, the creation of a blockage or engram, and a “snapshot” of the environment at the time of its creation. But sexual orgasm energy is deeper and more powerful than the energy of pain. The objective of Tantric practice is to work with sexual orgasm energy with full conscious awareness at all times! In doing this no engrams or blockages are created and the energy is allowed to flow freely and naturally throughout the body. Because of this close similarities may be drawn between Scientology and Tantra and the releasing of engrams through the process of bringing the energy into awareness.

Tantric practice involves the generation of sexual orgasm energy with full awareness for the purpose of developing the androgynous soul and its powers. When this energy is generated with full awareness it can be directed consciously up the spine, into a partner or into the astral planes. But first of all energy pathways need to be cleared of blockages and engrams. This is the first step in effective Tantric practice.

Both engrams and the astral planes are highly elastic and resist penetration. The generation of sexual orgasm energy twice a day is required to break through an engram or make a meaningful change within the astral planes. Once a day is simply not enough. The energy will be merely absorbed and distributed harmlessly in a way that will not produce meaningful change. This is the secret significance of Shiva and Kali being able to destroy and create the universe! To generate sexual orgasm energy twice a day is to destroy the old universe and create a new universe!

This is something that can be proven through practical experience! The generation of sexual orgasm energy twice in one day will result in vivid and explosive dreams as the energy is released during sleep. The generation of sexual orgasm energy only once in a day may or may not result in a vivid or explosive dream. But the generation of sexual orgasm energy twice a day will always result in a vivid or explosive dream as the energy breaks through engrams and pierces the astral layers!

This is the basic foundation of all sex magic practice! It has nothing to do with ritual, technique, mantras, or spirits. It is a mechanical process based entirely on the generation and release of sexual orgasm energy at least twice a day and the resultant destruction of an engram or the piercing of an astral plane! This buildup of pressurized energy will find the weak spot and cause it to rupture! In the beginning the weak spot will almost always be an engram within the physical body itself. That is why most magical work produces inner transformation and not outward transformation. As the engrams are released and the energy pathways within the body are opened the magical activity shifts to outside of the body and within the astral planes themselves.

Working with sexual orgasm energy is often violent and explosive! Most people will try it a few times, become frightened at the power released, and choose to focus on more harmless things such as ritual, technique, mantras or spirits. A few may choose to work with sexual orgasm energy on a monthly or weekly basis and progress cautiously in the development of their androgynous soul and its powers. Only the bravest of the brave will deliberately choose daily work on this explosive path! Only the bravest of the brave will choose to be a Shiva or Kali!

Working with sexual orgasm energy is different for males and females. Females have an advantage over males because the generation of sexual orgasm energy twice a day is fairly simple and natural for them. The female orgasm naturally pushes sexual orgasm energy through the energy channels within the body and into the astral planes.

The male has a far more difficult time generating sexual orgasm energy twice a day. For the male to generate sexual orgasm energy twice a day for any length of time they must master the difficult technique of semen retention during orgasm. This ancient Tantric practice is required for any male who is serious about following the left-hand path of Radical Satanism.

## **The Left Hand Path**

### **Chapter 6 The Left-Hand Path**

Radical Satanism takes the so-called Left-Hand Path in an entirely new direction! Orthodoxy considers the left-hand path to be involved with opposite doing and taboo breaking. While these may be

considered extremely powerful and important practices, they need to be looked at in an entirely new light.

Radical Satanism is involved with the creation and development of the androgynous soul created from a balance of male and female energy. After the creation and development of the androgynous soul contact and union with one's Divine counterpart is pursued. Like the yin-yang symbol the two halves of the soul should be symmetrical and relatable to each other. One side should be that of a human male and the other side should be that of a human female if one desires to remain a part of humanity!

To participate in bizarre and subhuman or inhuman practices might well free you from societal restrictions, but it might also make you an inhuman monster and that would cause your Divine counterpart to become an opposite inhuman monster! It would also make it that much harder to merge with your Divine counterpart.

The creation and development of the androgynous soul naturally forces you to develop and integrate the opposite sex qualities of your ego. Working with sexual orgasm energy naturally forces you to confront your deepest and innermost fears as well as those of your Divine counterpart because it works with subconscious forces. The acceptance and integration of these innermost fears are far more powerful than any Orthodox head tripping taboo breaking and opposite doing. That is because they precisely trigger those things and activities needed to be confronted and integrated on a deep and intensely personal level. Instead of confronting collective fears and demons, you are forced to confront your own personal fears and demons as well as those of your Divine counterpart!

In fact, focusing on taboo breaking and bizarre behaviors concerns our relationship with society, not with the development of our soul!

Radical Satanism breaks even more completely with orthodoxy concerning the left-hand path! The generation of sexual orgasm energy twice daily over long periods of time will provoke incubus or succubus experiences, attract the necessary opposite sex energy and develop the androgynous soul at different levels of the astral planes! As the androgynous soul is created and strengthened its powers and abilities are also strengthened automatically!

What I am saying is that practice and technique are not what develops the soul and its powers. The generation of sexual orgasm energy and its automatic combining with opposite sex energy is what develops the soul and its powers!

This continued generation of sexual orgasm energy twice daily is literally the only requirement for the development of the androgynous soul and for eventual contact with one's divine counterpart! As the androgynous soul is developed completely at each level its powers are activated automatically and naturally as a consequence.

All other teachings, techniques, and beliefs concerning the so-called Left-Hand Path are superficial and of no consequence! The entire process is driven by the continued generation of sexual orgasm energy over long periods of time and by nothing else! This is a mechanical and automatic process that works organically without the need for conscious control or direction. It makes use of the innate intelligence of the human body and its own natural functions as well as cosmic law!

All of this can be easily demonstrated and proven through personal experience. Radical Satanism collects the needed information on how to develop the androgynous soul safely and effectively and how to ultimately connect with one's divine counterpart!

This is the Kali Yuga for the next two thousand years and sexual orgasm energy, vital life force energy or Garden of Eden energy has become available for all life forms, not just humans. All species can use this unprecedented opportunity to develop souls and magical powers. If humanity does not use this energy it will be eclipsed by species that are more vital and adaptive. The higher levels no longer offer empowerment or protection against this wave of creation energy!

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## **Shiva And Kali**

### **Chapter 5 Shiva and Kali**

When we consider Tantrism, Buddhism and Hinduism it is immediately apparent that most of the knowledge contained within these paths, especially those that follow the left-hand path, is based upon personal experience and as such able to be duplicated by others. The student is not expected to blindly believe what they are told, but to experience it personally and directly within his or her body.

This is especially true in regards to the Tantric generation and use of sexual orgasm energy in the development of the soul and the various subtle bodies. For the past four thousand years the energies of empowerment have been those of the throat chakra and the third eye, abstract mental energy and so-called Christ consciousness, respectively. That is four thousand years of denial of all other organic intelligence and awareness!

In today's world people debate whether there is a soul or extrasensory abilities. Materialism has become so prevalent that the spiritual or nonphysical side of life is not recognized and ignored by large

segments of the population. All of that is about to change, and change radically as the crown chakra energies of unity and the sexual orgasm energies, the Garden of Eden energies, dominate our new world! This is the Kali Yuga! This is the age of Tantrism! This is the age of the left-hand path! This is the age of the diamond or thunderbolt body!

This is the age when each person has the opportunity to experience for themselves the reality of the soul and the reality of nonphysical worlds and beings. There is nothing theoretical about this, only experiential! There is an organic process that is sweeping across our world and opening our psyches to new realities.

In the book **The Yoga of Power: Tantra, Shakti and the Secret Way** by Julius Evola he says:

*The Tantras go on to reaffirm the ancient Vedic – brahmanic and Buddhist belief in the siddha’s superiority to all other “divinities.” The siddha has power over “three worlds.” No God, including Brahma, Vishnu, and Hari – Hara, can resist him. The possibility of doing as one pleases and to prevent things from happening is theoretically upheld. The siddha is “Lord of Death” (mrityunjeya) in the specific sense of being able to kill the body through an act of the will – the so-called samhara – mudra, the “act of dissolution” – of not experiencing death, and of transferring one’s consciousness to any chosen level of existence. A siddha, according to Milarepa, “goes at will through existences as an untamed lion freely roams a mountainous region.” A power often considered by Tantrism is the so-called phowa. On the one hand, this power consists in projecting oneself outside one’s body, into “bodies” corresponding to other “abodes” or cosmic planes. On the other hand, it consists in assuming someone else’s body, thus becoming the real driving force behind that person’s thoughts, resolutions, and passions, which he still believes to be his. In particular, a siddha cannot lie, since his word is a word of power, which commands to reality; thus everything he says would come true. In him the fundamental Tantric motif of the unity of bhoga and mukti is actualized. He enjoys the dignity of chakravarti, of a “World Ruler,” and also a freedom that cannot be expressed anywhere else. The Tantras therefore claim that there is no yoga as powerful as kundalini yoga.*

This is powerful stuff! Especially when one is asked to personally experience it for themselves and not just take it as an element of faith. Perhaps the most powerful images of the Tantric path are those of the divine couple Shiva and Kali/Shakti.

Shiva is portrayed in a dance representing the rhythm of both the creation and destruction of the worlds. Notice the use of the plural. These worlds represent the multidimensional astral planes or the spiritual worlds that create and support the manifestation of the physical world we experience. He is also depicted as shooting forth unending quantities of sperm energy.

This image contains the entire secret of Tantrism in terms of the male generating sexual orgasm energy. Consider this excerpt by Julius Evola:

*In a highly symbolic Tantric icon Shakti is portrayed at the Earth’s level (the muladhara chakra) as a snake wrapped around Shiva’s phallus and resting its head on the phallus’s orifice. We must refer to the metaphysical theory according to which animal or physical generation is an empty surrogate of spiritual generation. The continuation of the species, through the use of sex perceived mainly as a*

*generative power, represents a sort of ephemeral and earthly “eternity,” or a facsimile of continuity, in the series of separated, mortal individuals that follow one another in time. This spatio-temporal continuity is a mere surrogate for the continuity that would be insured by an ascending or vertical birth, or by a metaphysical integration that is well beyond the finite state of an individual who is conditioned by a specific physical body. Shiva’s reproductive organ (phallus), is called svayambhulinga, or “supportless” linga, since it has its principal within itself. The term alludes to the power proper to a different begetting, not physical, but transcendent and anagogic; a begetting into a perfect, unblemished, incorruptible, and eternal life. Kundalini’s head is blocking the opening of Shiva’s phallus, thus preventing the ejaculation of semen, which is the principle of such an endogenesis. This clearly signifies that polarization, in the sense of sexual desire and procreative energy, prevents the force of the Shaivist svayam bhulinga from becoming explicit and from assuming its proper form.*

What is described here is the deliberate use of sexual orgasm energy driven in an upward direction for the creation of the immortal physical body or the soul. This is done through the process of sperm retention during orgasm. Personal experience will readily show that the generation of sexual orgasm energy twice a day is required for the destruction/creation of the astral universe and development of the soul. This is to be considered a continuous or ongoing process taking place over several years.

Kali/Shakti is portrayed in this way:

*A further interpretation of Kali’s role is found in popular iconography. There Kali appears black and naked, wearing only a necklace of severed heads. Under this aspect the goddess is Shiva’s Shakti, namely, his power of active transcendence. The color black represents transcendence over any manifested and visible thing. According to a well-received etymology of the word, her name is Kali since she devours time, “becoming,” and progress, which constitute the lot of samsaric existence. Her nakedness symbolizes her being free of forms. The fifty heads she wears around her neck (which in popular mythology belong to slain demons) are made to correspond to the fifty letters of the Sanskrit alphabet, which in turn symbolize the various cosmic powers presiding over the manifestation (matrika, which Greek speculation identified as logoi spermatikoi). The heads allude to those powers because they are removed from the elementary nature, proper to the descending phase. Therefore, if the role of maya-shakti’s power in the Tantras is one of negation, then Kali’s role, and the aspect so far considered, may be said to be “a negation of the negation.” Here we begin to witness the self-destructive and self-transcending orientation of the power that in Tantrism plays a considerable role, especially in the context of left-hand practices and rituals.*

*“To destroy” and “to transcend” should be seen mainly in terms of (1) going beyond manifested and conditioned forms, and (2) getting rid of the habit of identifying oneself with external forms, whether human or cosmic. The “destruction” considered here concerns the elements of “desire” and of “enslaving fascination with the self.” It is considered a matter of secondary importance if, at an individual or social level, this attitude may eventually require severing relationships and personal attachments. When we talk about the process of destruction at work in the multiform world of nature, we should not confuse it with Kali’s attributes, since they serve the transcendental purpose of leading*

*“upward” and beyond (this, incidentally, is the Latin etymology of the word transcendence). That is why in a Tantric hymn Kali is presented under that particular Shaktic form in which she picks up what preceded her. In this context, the term employed to describe her action is vikvasamghera. In it, Shiva’s power, or Shakti, is clearly manifested.*

What is being described here is Kali’s role in receiving Shiva’s sexual orgasm energy, mixing it with her own, and weaving a brand-new reality out of the substance of the old reality. In doing this she uses his energy as the pattern for a new creation. This entire process takes place within the astral realms prior to manifesting as physical reality. In the act of creating a new reality out of the substance of the old reality both destruction and creation appear simultaneously.

This time the process involves working with female sexual orgasm energy, receiving male sexual orgasm energy, combining with it, and through the destruction of existing astral realities creating something new. Again, sexual orgasm energy needs to be generated at least twice a day to destroy the existing fabric of the astral worlds. This is symbolized by the continuous and unending intercourse between Shiva and Kali.

All of this happens upon the nonphysical planes of the astral. It is the continuous and unending intercourse between the subtle bodies of the male and female that destroy and create new realities and new universes! It is not a requirement for the female and the male to be physically joined in a sexual embrace, but they must be joined in a nonphysical embrace and in the exchange of nonphysical sexual orgasm energy.

This is perhaps the most profound and powerful secret of Tantrism! Stated plainly, the male and female partner must both generate sexual orgasm energy at least twice a day, continuously, over an extended period of time. But this energy can be generated autoerotically and transferred into the astral or spiritual planes where it will automatically find and combine with the opposite sex energy of the correct partner! The two opposite sex partners are not required to have physical contact, only nonphysical contact! It is the soul contact that is important, not the physical or sexual contact!

This aspect of radical Satanism develops the soul and its powers through the use of the subtle body or nonphysical body which in the past has been incorrectly termed an incubus or succubus. These subtle bodies are in actuality aspects of an individual soul and projections of the physical body.

For the first time radical Satanism reveals this stunning truth! You do not require a physical partner and a physical relationship to practice Tantrism and the development of your soul. Until you find the correct physical partner you can work autoerotically and your sexual orgasm energy will seek out and be drawn to an appropriate soul partner! It does not matter whether you are male or female.

This is possible because the energy of the new eon is sexual orgasm energy, vital life energy, or garden of Eden energy, whichever you prefer to call it. It is now available to all life forms and all species! This is the Kali Yuga in which all the secrets of Tantrism will be revealed

**Benefits from Optimal Orgasms (the Tao of Sexual Orgasms):** Orgasm triggers the pituitary to release prolactin. Although chronically excessive prolactin can disable the sexual function, induce cancerous development, screw up the reproduction system and cause depression, an optimal prolactin release from your pituitary and eyes, as a result of an orgasm, is good for hGH production, cancer and tumor prevention and for healthy eyes, brain, heart, liver, kidneys, uterus and prostate. Particularly, if **chondrocytes** (bone marrow stromal stem cells) can release the enzyme matrix metalloproteinases to convert prolactin into 16K-prolactin (16 kDa N-terminal fragment of the hormone prolactin), you will benefit from the antiangiogenic effects from 16K-prolactin. 16K-prolactin can block the blood vessel invasion or new blood vessel growth, associated with the endochondral bone formation (blocking mitogen-induced vascular endothelial cell proliferation, involved activation of programmed cell death) and tissue repair after injury and inflammation (by prostaglandin E2!), which is an important mechanism underlying human diseases such as cancer, diabetic retinopathy, rheumatoid arthritis, and heart diseases. It is antiangiogenic, but excessive 16K-prolactin inhibits the penile or clitoral growth, or other normal cellular or nervous repair and regeneration/rejuvenation. Therefore, you need an optimal orgasm frequency to prevent cancers (including prostate cancers), tumors and **retinopathy** (non-inflammatory damage to the **retina** of the eye, due to lack of the blood supply, damaged or constricted blood vessels.) However, you should not have an excessive sex or orgasm since it will produce excessive stress hormones to inhibit the release of the enzyme matrix metalloproteinases, to suppress the neuro-immune system, and to activate the inflammatory factors triggering your health alarm system, as a result of the excessive prostaglandin E2 production. The inflammatory factors actually damage the bone marrow cells. Due to the fact that semen contains high concentration of Phosphorylcholine essential to the brain and nervous function and repair, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, your pituitary will be over-excited, leading to excessive oxytocin release and prolactin deficiency, in addition to neuroexcitotoxicity from dopamine-induced excessive glutamate and histamine production, the deamination of dopamine to DOPAL and the oxidative stress from the demination byproduct **Hydrogen Peroxide**. Therefore, Optimal orgasm and ejaculation can help you burn some dopamine and testosterone out, and then induce the prolactin release from the pituitary and retina tissues for some protective and anti-inflammatory hormone 16K-prolactin in cooling down the nervous systems. In this way, you can avoid the side effects of excessive dopamine or testosterone, and benefit from sex. **That is, an optimal orgasm or sex can improve your health.**

Remember this:

Bone Marrow and Sperms: Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Gottingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years - <http://search.yahoo.com/search?p=Karim+Nayernia+sperm+marrow&ei=UTF-8&fr=moz2>

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that over-ejaculation or excessive orgasm will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis? This means excessive orgasm/sex/ejaculation, job-related stress, substance abuse or toxins can inhibit the enzyme matrix metalloproteinases from the bone marrow stromal stem cells. This is why our readers kept reporting inflammatory pains and arthritis induced by orgasm/ejaculation, job-related stress, substance abuse or toxins.

As of today, a high level of prolactin has been realized as a promoter or co-initiator of breast and prostate cancers, in addition to disable the sexual function. It appears to play a key role in the



development and progression of breast and prostate cancer and tumors. So, keep your prolactin level in the normal range and avoid the synergistically biological effects of the prolactin on the estrogen or/and DHT receptors.

You will get another benefit from sex and orgasm if you get a resulted elevation of both GABA and glutathione which are converted from excitotoxicity glutamate. GABA is synthesized from [glutamate](#) using the [enzyme L-glutamic acid decarboxylase](#) and [pyridoxal phosphate](#) as a [cofactor](#), and glutathione from the amino acids [L-cysteine](#), [L-glutamate](#) and [glycine](#) in two [adenosine triphosphate](#)-dependent steps: by combining L-glutamate and cysteine via the enzyme [gamma-glutamylcysteine synthetase](#) to form gamma-glutamylcysteine, and then adding glycine to gamma-glutamylcysteine via the enzyme [glutathione synthetase](#) to produce glutathione. Elevation of GABA with serotonin, norepinephrine and prolactin after sex or orgasm will trigger the pineal gland and retina to release melatonin for better sleeping, hGH production, nervous regrowth, neuro-endocrine restoration, cellular repair, and shaper vision; Elevating of glutathione can reduce the formation of oxidative toxins, such as **Hydrogen peroxide** (H<sub>2</sub>O<sub>2</sub>), associated with oxidative injury and cellular/nervous damage.

However, if you lack of these liver enzymes ( [L-glutamic acid decarboxylase](#), [pyridoxal phosphate](#) , [gamma-glutamylcysteine synthetase](#) and [glutathione synthetase](#)) and amino acids [L-cysteine](#) and [glycine](#), you will get excitotoxicity and brain/nervous damage from your orgasm sponsoring neurotransmitters glutamate, dopamine, norepinephrine, epinephrine and histamine which stimulate the gene over-expression of monoamine oxidase in your brain, liver, kidneys, adrenal glands, heart and other organs for premature ageing, brain and nervous damage, and sexual exhaustion symptoms (as listed in <http://www.actionlove.com/cases/case9848.htm>).

Sexual arousal, ejaculation or orgasm induces a burst of norepinephrine and epinephrine release. For a health person, the norepinephrine and epinephrine release is supposed to stop in few minutes after sex and drops in maintaining the homeostasis. Overall, the norepinephrine and epinephrine level will stay higher for few hours. Norepinephrine and epinephrine can trigger both proinflammatory and anti-inflammatory cytokines and kinases in the immune system via the stimulation of the alpha- and beta-adrenergic receptors. Moderate increase in norepinephrine and epinephrine during and fater sex results in increase in the concentration of lymphocytes in the bloodstream for immune enhancemen; t and the anti-inflammatory cytokins overpowers the side effects produced by proinflammatory cyrockins. That is why optimal sex, like moderate exercises, can improve your health and neuroimmune function. However, excessive norepinephrine induces more proinflammatory effects than anti-inflammatory ones, leading to excessive prostaglandin E2 production to set your brain and body on fire - over-heating, immune disorder and inflammatory responses. This is what you have to concern about.

04>Ejaculation or orgasm burns the neurochemicals and androgen hormones in the brain and cerebrospinal fluid.

As a result, the acetylcholine, dopamine, and serotonin level in the brain and nervous systems drops; dopamine is sharply converted into the stress neurohormones norepinephrine and epinephrine for the sympathetic nervous system to induce orgasmic contraction, and for ejaculation and post-ejaculation prostate pains, post-orgasm muscle pains/cramps and post-orgasm muscle/joint stiffness after the prostaglandin E-1 synthesis in the tissue is blocked by excessive norepinephrine and epinephrine in the bloodstream; the androgen hormones are excessively converted into DHT, leading to exhaustion of the adrenal and testicular (ovarian, for women) function which are supposed to produce more androgen hormones to burn during sex; the pituitary gland releases excessive prolactin without oxytocin when the brain's dopamine and androgen hormones become too low; finally, the semen production mechanism will be disabled due to a lack of the cerebrospinal fluid, a weak acetylcholine/parasympathetic nervous function for the liver, prostate, adrenal glands, kidneys and testicles, and a weak dopamine nervous function for the testicles and seminal vesicles, and an excessive prolactin, norepinephrine and epinephrine in the bloodstream. Don't let excessive prolactin, norepinephrine and epinephrine in the post-ejaculation or post-orgasm state shut down your sexual function and disable your penile erection. If you can block the release of the prolactin by reducing (or even blocking) the dopamine-norepinephrine-epinephrine conversion and retaining a high-level of androgen hormones in the hypothalamus/pituitary gland, you can continue to erect your penis and to have sex all day long without sexual exhaustion. If you cannot, you have to change your lovemaking and ejaculation strategy for one and only one ejaculation a day while having sex all day long; otherwise, you will start to experience sexual exhaustion symptoms. I have collected tons of the sexual exhaustion examples due to over-masturbation, over-ejaculation or/and excessive orgasm in the following links, and so far nobody can escape from the consequence of the sexual destruction -

<http://www.actionlove.com/extra/over.htm>

<http://www.actionlove.com/extra/over2.htm> <http://actionlove.com/extra/girlloversex.htm>

<http://www.actionlove.com/extra/semendry.htm> <http://www.actionlove.com/extra/penilepain.htm>

<http://www.actionlove.com/extra/testicularpain.htm>

<http://www.actionlove.com/extra/backpain.htm>

<http://www.actionlove.com/extra/headache.htm>

<http://www.actionlove.com/extra/prostat.htm>

<http://www.actionlove.com/extra/eyefloater.htm>

<http://www.actionlove.com/extra/earbuzzing.htm>

<http://www.actionlove.com/extra/pe.htm>

<http://www.actionlove.com/extra/impotent.htm>

<http://www.actionlove.com/extra/uti.htm>

<http://www.actionlove.com/extra/hailoss.htm>

The hair rooting cells will be damaged by maintaining a constantly excessive DHT, prolactin, norepinephrine and epinephrine level in the bloodstream, and the hair falls off.

You have to de-stress your body, reduce the DHT, prolactin, norepinephrine and epinephrine level, and dilate your blood vessels to improve your scalp blood circulation for the sake of your hair.

I have 2 suggestions for you:

1. Take ViaPal-hGH-P (3-010), 5-HTP (2-001), Androbolic (2-009), Borage Oil and Fish Oil; eat a lot of sea foods (salmon head, shrimps, lobsters and oysters), sea weeds (yes! you need the vegetable from the ocean), vegetables, seeds and nuts; drink a lot of juices - apply, orange, tomato, berry....

<http://www.actionlove.com/mail/herbform.htm>.

Of course, you can not find animal penis, testicle and blood (for the whole body chemistry!) in the US market, but you may be able to get deer penis, testicles, blood and antler during hunting seasons. If you need extra androgen hormones - hGH, DHEA, androstenedione, androstenediol, testosterone, DHT or more, your own first morning pee is the best. This is called Urine Therapy which contains all natural steroids produced by your own neuro-endocrine system during your night sleeping. Or you can call it the Natural Spectrum Hormone Therapy, the fancy medical term. Urine, known as plasma ultrafiltrate in medical term, is a by-product of blood filtration, not waste filtration. The urine is clean and disease-free. The morning first pee contains no much stress neurohormones norepinephrine and epinephrine unless you work very hard in the midnight and have sleeping disorder. It should contain a lot of acetylcholine, dopamine and serotonin precursors. Drink a lot of watermelon juice can improve your urine taste. You can find the fact of Urine Therapy from <http://search.msn.com/results.aspx?FORM=SMCRT&q=urine%20therapy>

2. Change your lovemaking and ejaculation principle - make all women achieve orgasms with one and only one ejaculation in the all day-long show. A violent orgasm will exhaust or blacken out your partners with a high level of norepinephrine, epinephrine and prolactin in their bloodstream for the little death, or triggers their Parkinson's body shaking responses with a sharp drop of their brain's dopamine, but no yours. Stimulating the clitoris and G-spot/Epicenter (that is, stimulating their clitoris and blending their cervix and G-spot at the same time) can knock out their cerebral conscious control center and produce this type of violent (Parkinson's or seizure) orgasms (please read What's Sexual Orgasm ). My readers will love to see their real orgasms. Let their bodies be flooded by prolactin, norepinephrine and epinephrine, and then collapse (<http://actionlove.com/extra/girloversex.htm>), but not yours! In this way, you can preserve your body for your health and make more money too, and of course, drive all your partners to crazy orgasms, the little death. And, you will become a super-sex King Kong conquering all your women. When you shoot your hot load out, it will look like the 4th of July's fire works. One stone shoots multiple birds. Note: I have few, long-term female customers who experience sexual exhaustion symptoms the same as what men do. Also, Warning: excessive prolactin, norepinephrine and epinephrine in the blood stream will destroy the adrenal, testicular/ovarian function for infertility - semen/sperm production disorders for men and menstrual disorder and excessively colored vaginal discharge for women. Unlike men, when birth control pills fake the menstrual cycle, women won't be aware of the destruction of their pituitary-ovarian function with a chronic, excessive prolactin, norepinephrine and epinephrine (adrenalin) level in their bloodstream.

I'm 45 -- about 2 years ago, I noticed that my erections were going soft. During hours of kissing with my new girlfriend at the time, my erection had been rock hard under my jeans, but when we took it into the bedroom, while inside her, my penis lost its hardness. At first, I thought this was due to her inexperience, and her inability to keep me stimulated. The relationship didn't last and I found myself with a new girl. While I was with her, in the middle of very hot sex, my erection became soft on more than one occasion. I realized I had a problem. The only thing I can think of that preceded the softening erections was the fact that I had lost 30 pounds over the 6 month period prior on a modified Atkins diet. As you know, the Atkins diet is a mostly carb-free, heavy protein (and fat) diet. I mention this because a side effect of going on this diet was that my cholesterol sky-rocketed. It was so high my doctor wanted to put me on Lipitor. I refused, went on a low-fat!

diet, and have now brought my cholesterol to way below average. Despite the change in my cholesterol, erections are still soft and disappointing. My brother, who is 2 years older than me also has erectile dysfunction. Both of our parents have varicose veins -- our dad in particular has legs that are in places nearly blue from all the visible capillaries. I also have some varicose veins on my legs, though absolutely nothing to the degree either of my parents have. Anyway, V-gra has proven very helpful (at the right dose), but it bothers me that I have to take a pill. Is there anything I can do that will permanently restore things to the way it used to be? I'm a single guy and I can tell you that women do not dig a guy who can't get hard. One last thing -- for the two years or so before I noticed I had a problem, I used to rent porns and masterbate sometimes ten times over a one or two day period. Then I might go for days, or a full week without masterbating. Did I !

hurt myself doing this? I never had any pain or the sense that I had "broken" something. Also, finally, I had a cold over the last few weeks and took a lot of products with zinc. Lately, I've been very horny. Is it the zinc?

Dr. Lin: 12/28/2001>

Your diet has over-stimulated your liver function for production of cholesterol instead of enzymes that convert amino acids into neurotransmitters and cholesterol into hormones. That is, your diet had damaged your liver. Like any drugs or medicines, if you are on high dose for a long time, they will damage your liver, unless the product is armed with liver detoxification ingredients. Now, you are on the other extreme - the low-fat diet which contains a little amino acids and B-Complex to support your liver functions and neuro-endocrine functions. So, you have mixed up your body one way or another. You should have a well-balanced diet. How about taking an average of your low-fat and Atkins diets? Instead of eating a lot of fat, you should eat a lot of protein (30%), and fresh vegetables and fruits (60%), and some Carbon-Hydrate Products (10%). You don't need cholesterol drugs either, which block the liver function for normal cholesterol production. Cholesterol is essential for hormone production, but it must be fully converted into hormones by liver enzymes. Protein must be decomposed into amino acids which then are converted into neurochemicals by another group of liver enzymes. So, the problem is your liver function.

Over-masturbation has also killed your brain's and neuro-endocrine functions.

Your ejaculation volume becomes less and less, and watery.

Zinc, Vitamin A, neurochemicals, and DHEA are essential for testicular and prostate functions and seminal productions. That is why over-ejaculation or excessive orgasm causes brain's/nervous/visual/auditory disorders, prostate dama

Your "eat nothing but pasta, pizza and hamburgers" destroys your liver function and black out the negative feedback control loop of the brain (hypothalamus/pituitary)-testicular axis in the endocrine system. Your diet is the so-called "high-protein diet" for weight loss, which turns your blood so acidic that you lose your weight and bone.

The foods you eat is L-Lysine rich. You must eat L-Arginine-rich foods such as seeds, nuts, raisins and grains, and the neutralized foods such as vegetables and fruits. Please balance your diet.

Let's throw red meats out of our dishes. Don't even mention 1/4-lb hamburgers. If you want to have hamburgers, you can make it from soybeans or mix meats with soybeans.

Now, it is the time to have a how-to-do-yourself lecture for soybeans diets - soybean milk and burger - my "POOR" good old-days' recipe:

### 1. Preparing soybeans-

Get dry soybeans from a grocery store.

Soak 3 cups of soybean into water in a big container for 8-12 hours, and change water two or three times during the soaking period.

### 2. Grinding soybeans-

After soaking, drain the water out.

Put 3 cups of soybeans and 4 cups of water into a blender (3:4 ratio is the best); if your blender is too small, adjust the quantity accordingly.

Grind soybeans with two speeds: blend for 3 minutes and liquefy for 3-5 minutes.

Use a juicer to separate soybean milk from powdery (wet) solid, and store the milk in a clean container.

(You can use a cloth bag as a strainer to separate the milk and solid - the good old days' method.)

Remove the bubbles from the milk, that will produce gas in your digestion system.

### 3. Cooking soybean milk-

Fill a cooking container halfway with the milk.

The best way to cook the milk is: use a rice cooker; cook it for 30 minutes.

If you use a surface oven to cook it, you must use a mild fire to cook the soybean milk slowly to prevent formation of bubbles that could over-flow your cooking container.

Soybean milk contains a lot of natural plant hormone. It is very easy to produce bubbles when you heat it up!

#### 4. Storing soybean milk-

You can sweeten the milk, or store it as it is after cooling down.

Store the milk in a clean container; you can use one-gallon water bottle to store it in your refrigerator.

Don't use the juice or soda bottles to store it because the milk will react with the juice or soda chemicals.

Sweetened milk can last up to 6 days but the plain milk must be re-boiled in 4 days.

#### 5. How to serve soybean milk-

You can have it any times you want.

You can re-boil soybean milk and add a blended egg into it.

You can add vinegar and salt into the plain milk to make the tofu "flower" soup for your breakfast.

#### 6. How to make soybean burgers-

Mix the powdery soybean solid with salt, onion, and pepper, (or meat).

Make soybean burger buns as you do for your hamburgers.

Fry the buns in an oil pan until they are completely cooked

To achieve multiple male orgasms, you must have a spontaneous (natural) erection to start with, and then, apply the ballooning method (Natural Penile Enlargement Method) to expand your penis to an extreme size so that the blood pressure inside the penile cylinders can block the nervous communication between the glans and prostate. To achieve this level, you must hold your ejaculation back 3-5 times during lovemaking. Each ejaculation-holding will balloon your penis to a maximum size, under which condition your partner will feel very stimulated. Repeating this penile ballooning procedure several times and following the penile ballooning method given in <http://www.actionlove.com/cases/case7648.htm> your penis will be expanded upto 140% in length, depending on the level of both your testosterone burst/burning and her excitement.

By the way, to hold ejaculation back several times, you must have a hard erection and practice the Sexual ChiKong Intercourse, as described in <http://www.actionlove.com/cases/case2res.htm> and

<http://www.actionlove.com/cases/case7715.htm>

You should learn the [Anal Breathing Method](#) which enable you to channel the sexual energy from you prostate back to your brain, through your tail bone, via your spinal cord and the Governing Vessel of the acupuncture network. You have to periodically contract your tail bone muscle ( to synchronize with each penile stimulation stroke if you are in a sexual act, or each love stroke if you are thrusting her or she is thrusting you.) While a sequence of sexual energy pulses passes through the tail bone, you will feel a sequence of orgasmic(heat ) waves running into your spinal cord up to your brain. This is what the male orgasm without ejaculating is all about! Of course, you can ejaculate at the same time.

For the responses of Sexual Chikong practice from our readers, please read

You may be able to have multiple orgasms without ejaculation (termed as Dry Orgasms) when **your heart pumps at a rate below 100 (75, preferred) beats per minute (this is the most critical factor!)**, the blood pressures are below 150/100, and you breath rhythmically and deeply at about 4 times per minutes (about 15 seconds for a breathing sequence consisting of short step-wise/digital inhaling at a rate of 0.8 second for 5-10 seconds, holding breath for 3-5 seconds, and slowing exhaling for 2-5 seconds ) during intercourse. Heart rate and blood pressure will alternate your brain's sympathetic function associated your ejaculation control. To prolong sex, you must put your brain and heart function in the parasympathetic mode, that is, [let your mind do nothing but guide the circulation of your sexual energy along the Governing and Conception Vessels of the acupuncture network.](#)

**The Key:** Apply a light pressure against your bladder, lightly expand your low abdomen, lightly contract your tailbone muscle between the anus and tailbone at about at a rate of 0.8 second (this is the natural orgasmic contraction rate) **All The Time in the suggested breathing sequence above;** ascend your mind from the tailbone to your rear brain along the spinal cord while inhaling; focus your mind onto the rear brain first and slowly move your mind to your third eye between your two eye bows while holding your breath, and then descend it down to your prostate along your Conception Vessel - the central line of your front body while exhaling. Always keep a slight pressure against your bladder to relax your prostate even when you exhale. **You will feel your tailbone muscle is vibrating during the off-line (non-intercourse) practice - practice it anytime when your body is in relaxation.** During online (intercourse) practice, the vibrating tailbone muscle will pace orgasmic contraction across the anus toward the prostate muscle and penile shaft once the tailbone muscle traps sufficient sexual energy. If you don't know how to practice this advanced Sexual ChiKong, go to read <http://www.actionlove.com/love/chikong.htm> first.

Don't contract the prostate and its surrounding muscles. Instead, relax them. Load your thrusting forces or body tension on your knees, legs, shoulders and hands and contract your tailbone muscles and bend your head/neck backward against your spinal cord to allow sexual energy to flow into your spinal cord via the tail bone from the prostate. The trick is, the tailbone nerve will trap a part of the sexual energy. When Sexual energy elevates at the tailbone nerve over -40 mV, the tailbone autorhythmic fibers induces Orgasmic Contraction which spreads from the tail bone muscle to the penis and the prostate muscle. The orgasmic contraction does not deeply reach the seminal vesicles for induction of ejaculation, even the prostate lightly contracts. Therefore, ejaculation does not occur, but your woman can feel your penis contracting at that moment. She can sense your penile contracting 3-5 times without ejaculating! When your orgasmic contraction occurs, don't move or thrust, but inhale deeply or hold your breath and widely open your eyes to allow your pupils to dilate upon the orgasmic wave pounding your head. If your glans penis is kissing her cervix at the moment (see the central graph of <http://www.actiontao.com/imagen/resonant.jpg>), your contracting penis, acting like a vibrator stimulating her Epicenter/cervix, may induce her orgasm at the same time (Note: if you ejaculate a powerful, hot semen jet when your glans penis is gripped and kissed up by her Epicenter/cervix, she will achieve a powerful orgasm with you!). The feeling is very beautiful for both of you! It is like an orgasm orchestra performed by the uterus and the glans penis. For us, we feel like the bioelectric sparking across the glans penis and the Epicenter/cervix. Therefore, we preserve the bioelectric energy for another orgasm again and again in one love session.

If the seminal vesicles are full of semen, the shallow prostate contraction may pop out one small drop of semen, which would not affect the erection power for continuous lovemaking. That is, your refraction period in re-arming your penis is almost in zero second!

Note: You may fail to achieve this when your prostate tension is high as a result of the excessive dihydrotestosterone (DHT) building up due to an excessive testosterone burning in the prostate tissues. You need DHT in the penile tissues to power up the penis, but you don't want it in the prostate tissues. The excessive testosterone burning occurs when the pituitary produces too much LH (Luteinizing Hormone) and the liver supplies sufficient 5-alpha reductase for burning testosterone. This is also a main cause of young men's premature ejaculation (PE). Contracting the prostate and its muscle to assist erection during sex is the second cause of PE for men of all ages. Blood congestion in the perineum area may cause prostate tension as discussed in <http://www.actionlove.com/love/massage.htm>



**Nervous Excitotoxicity: Amphetamines (speed), Methamphetamine,** or its precursor ephedrine or their cousins stimulate the dopamine and noradrenaline (norepinephrine) for excessive dopamine/norepinephrine-epinephrine conversion although the increased dopamine and norepinephrine function causes the patients' brain to experience a more intense level of concentration, to focus for extended periods of time, and to heighten interest in performing focus based tasks. That is why we call amphetamines "Speed." When you chronically speed up your dopamine-norepinephrine-epinephrine conversion, your brain will be burned out. For the causes and consequences of methamphetamine, please check this link - <http://www.aapsj.org/view.asp?art=aapsj080238> .

Alcohol can open the blood-brain barrier for more drugs or nutrients to get into the cerebrospinal fluid and to exert their effects on the brain and nervous function immediately. Alcohol + amphetamines (or ephedrine) will over-heat the dopamine/norepinephrine/epinephrine and sympathetic nervous function in a short time. Chronic over-heating of the brain and nervous systems will result in exhaustion for all the internal organs.

The main side effects includes aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, Tourette's syndrome, decreased appetite, difficulty falling asleep, stomachache, emotional ability, weight loss, dry mouth, headache, seizures or abnormal brain waves, high blood pressure, irregular cardiovascular output, initially heightened sex but eventually sexual exhaustion and premature ejaculation, even sudden death.

**Warning:** Street drugs and excessive sex are extremely destructive. Both directly or indirectly alternate the gene and enzyme expressions for physiological and psychological disorders (brain/nervous), chronic sleeping disorder (pineal gland gene expression disorder in response to light), and body pains, via the excessive conversion of stress neurohormones norepinephrine and epinephrine from dopamine and its induced over-expression of COX-2 and Protein Kinase C (PKC). These problems are created by chronic tyrosine hydroxylase, dopamine beta-hydroxylase and phenylethanolamine-N-methyl transferase gene expressions while excessive orgasm or ejaculation adds chronic prolactin gene over-expression and oxytocin gene under-expression for severe sexual and orgasmic dysfunctions and chronic exhaustion. It is very expensive to cleanse the brain and nervous systems polluted by the street drugs which alternates or even destroys the gene expression of a nervous receptor or synapse. Parkinson's and Alzheimer's disease are the two most common of a class of diseases associated as neurodegeneration - the brain cells sickness (gene expression disorder) or death. Don't fry your brain and nervous systems by mixing drugs with excessive sex (over-ejaculation or excessive orgasm), where over-ejaculation or excessive orgasm is destructive enough to alternate the gene expression of the dopamine D1 and D2 receptors, Serotonin C2 receptor, GABA A receptors and acetylcholine receptors for psychological disorders and brain damage. A chronic use of street drugs also destroys or damages testicular/ovarian functions for sexual and orgasmic disorder and dries the prostate's seminal production and the vaginal natural lubrication production mechanisms

**Good News:** He said 'I have taken your products periodically for some time and sexual function has improved considerably. Prior to taking your products my libido was almost non-existent. If I did have sex (an orgasm) I was always very exhausted thereafter.' New formula pro-dopamine, pro-acetylcholine, cardiovascular-friendly formulation ViaPal-hGH-V for faster recovery of post-orgasm exhaustion and illness symptoms

==> <http://www.actionlove.com/cases/case15498.htm>

How come there are about 5-10% of sexual exhaustion cases that never recover? cut off testicular arteries by prolactin, norepinephrine and/or epinephrine induced arterial constriction and inflammation for the death of the testicular somatic stem cells.

==> <http://www.actionlove.com/cases/case16681.htm>

**Warning, Warning:** Finally, some conscious researchers want to tell you that high-frequency sexual activity (intercourse, masturbation, overall) may increase risk of prostate cancer as given in <http://www3.interscience.wiley.com/journal/121510647/abstract>. It is not a joke! But, do you believe in them this time since the last time you were told that masturbation can reduce prostate cancer risk (yes, and you got excited by the "good" news which becomes your nightmare now!)? Dr Lin has collected the ill effects (sexual exhaustion symptoms) from Over-masturbation/Over-ejaculation/Excessive Orgasm since 1997 to prove what the 5000-year old Chinese medical text said. Dr. Lin has concluded sex/psychological- induced excessive prolactin, norepinephrine, epinephrine and prostaglandin E2 can cause autoimmune disorders (more reference?), skin disorders, allergy, asthma, and cancerous/tumorous cellular development and locomotion, and ignite negative neuro-immune-reaction, arterial constriction (via the alpha-adrenergic receptors) / inflammatory narrowness and venous constriction for blood-cutoff castration of the hypothalamus-pituitary-testicular axis and heart diseases, and inflammatory responses. Interrupting the stimulation of neurohormones norepinephrine and epinephrine on the beta-adrenergic receptors via the sympathetic nerves (T10-L2) results in the prostate atrophy for spinal-injury men- <http://www.nature.com/sc/journal/v44/n1/abs/3101804a.html> while sympathetic nervous over-excitation of the neurohormones on the prostate causes prostate enlargement and pains. For more information on Cancer, Sex and Stress, please click here - [Stress Increases Prostate \(and Ovarian\) Cancer Risk](#). By the way, if you have been misled to over-masturbation, over-ejaculation (high-frequency ejaculation), or excessive sex, our products can help you get recovery from sexual exhaustion symptoms unless your testicular function was fully castrated by excessive sex.

Over-masturbation/over-ejaculation/excessive-orgasm can castrate your hypothalamus-pituitary-testicular(ovarian) axis by arterial constriction and inflammatory narrowness in your brain and pelvic organs (testicles, prostate, seminal vesicles, penis, ovaries, uterus, vagina and clitoris) due to excessive release of prolactin, norepinephrine, and epinephrine, excessive binding of norepinephrine/epinephrine on the alpha-adrenergic receptors, the norepinephrine/epinephrine induced excessive prostaglandin E2, and the post-sex deficiency of nitric oxide and prostaglandins E1/E3 production. Once your hypothalamus-pituitary-testicular(ovarian) axis is locked (tightened up), you will lack of androgen hormones (DHEA, testosterone or/and DHT) to unlock it. In the good old days, we castrated animal testicles by mechanically tightening up the arteries to the testicles. Over-masturbation, over-ejaculation, excessive sex or/and excessive orgasm produce the similar castration

effects as the mechanical one. To prevent the castration effects, you have to keep your blood flow to your brain and testicles after having sexual activities and experiencing sex-induced stress. The post-sex androgen hormones and oxytocin in your bloodstream or/and residual semen are essential to keep arterial dilation via the nitric oxide and cGMP release from the veagal/parasympathetic nervous endings, as well as the action of the stress hormones norepinephrine and epinephrine on the sympathetic nervous beta-adrenergic receptors where partially blocking the alpha-adrenergic receptors may be required. Also, excessive prolactin, norepinephrine, epinephrine and/or prostaglandin E2 increase the risk of autoimmune disorders.

**Over-Masturbation and Over-Ejaculation (Document 1); [For Document 2, click here](#); [For Document 3, click here](#); For Girls' Over-Masturbation and Excessive orgasm, [Click Here](#); Want to know Why Over-masturbation / Over-ejaculation / Excessive Orgasm are so destructive ? [Please click here!](#) Get [Eye Floater ? \(click here\)](#), or "[Why over-masturbation induces dopamine, cholinergic, serotonin, GABA and norepinephrine/sympathetic nervous disorders for psychological disorders with neuoplasticity - Homosynaptic and Heterosynaptic plasticity](#) <http://www.actionlove.com/cases/case16175.htm>**

Chronic over-masturbation since age 10 gives this 18 years old massive back pains, knee pains, easy to get muscle and joint injuries, poor memory, absentmindedness, premature ejaculation and laziness (slow reaction); can he get recovery by semen retention or reverse the long-term potentiating neuroplasticity?

==> <http://www.actionlove.com/cases/case16502.htm>

Crazy masturbation at 2-3 times a day results in acne outbreak, and then taking acne drug for dry skin/lips, bad mood swing; after treatment, resuming over-masturbation for sympathetic nervous hot flushes, sickness, infection, mood swing, depression, excessively sweating, but cold body and numbed hands and feet, penile numbness, sleeping disorder (insomnia), and poor memory.

<http://www.actionlove.com/cases/case16497.htm>

**What is POIS ( Post Orgasmic Illness Syndrome)? Traditional Chinese Medicine (TCM) terms POIS as Qi (Chi)-Blood Stagnation or Blockage, as parts of Sexual Exhaustion Symptoms**

==> <http://www.actionlove.com/cases/case16665.htm>

**Why ejaculation/orgasm causes his mood swing, anger, aggression, anxiety, stress, fatigue, tiredness... for no more sexual orgasm - On the brain and body chemistry change in response to ejaculation or orgasm.**

==> <http://www.actionlove.com/cases/case13755.htm>

**Chronic Over-Masturbation and over-ejaculation in last 5 years results in persistent sexual arousal (satyriasis), sexual exhaustion, adrenal fatigue and dizziness for no more sexual orgasm**

==> <http://www.actionlove.com/cases/case16745.htm>

**Drug abuse with pot (marijuana) smoking along with anti-anxiety, anxiolytic and antidepressant drugs results in severe head pains, tremors ( parkinson's syndromes), loss appetite, leg pain, testicular and scrotum pains, anxiety, blurred vision, hearing hallucinogenic voices, no erection and no more sexual orgasm**

<http://www.actionlove.com/cases/case16408.htm>

After sexually exhausting his the brain's and internal Hypothalamus-Pituitary-Adrenal (HPA) axis, he has gotten headache and felt death and exhaustion from wet dream, even once a week. Why he felt worse on the 2nd day after ejaculation? He may have to rely on the Cutaneous Hypothalamus-Pituitary-Adrenal (CHPA) function to assist post-ejaculation or post-orgasm recovery.

<http://www.actionlove.com/cases/case15761.htm>

The destructive testing results of over-masturbation from a 17-year-old boy - sexual exhaustion symptoms for no more life and sexual orgasm, including, body pains, arthritis, testicular pain, penile pain, prostate pain, back pain, face pain, gum pain, tinnitus (excessive glutamate and inflammatory hormone prostaglandin E2), headaches, fatigue, anxiety, nightmare, chilliness and shivering attacks, hypothyroidism, hot flashing/fever (premature male menopause), cracking joints, fibromyalgia, impotence, Restless Leg Syndromes (pre-parkinson's disease) and so on.

==> <http://www.actionlove.com/cases/case15655.htm>

Chronic over-masturbating 2-3 times day killed his 18-years-old penis for no more erection and sexual relationship.

==> <http://www.actionlove.com/cases/case15651.htm>

Sexual exhaustion symptoms are still UFO for western doctors and medical societies although the Chinese Sex Bible and medicine documented them 5000 years ago.

==> <http://www.actionlove.com/cases/case15448.htm>

After his acetylcholine/parasympathetic, dopamine, serotonin and GABA nervous system, neuro-endocrine function and liver system has been damaged or blown up by excessive norepinephrine, epinephrine, glutamate, histamine, cortisol, prolactin, prostaglandin E2, or/and excessive Monoamine oxidases (MAO) toxins such as 3,4-dihydroxyphenylacetaldehyde (DOPAL), 3,4-dihydroxyphenylglycoaldehyde (DOPEGAL), hydrogen peroxide (H2O2) and 5-Hydroxyindoleacetic acid (5-HIAA), he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation.

==> <http://www.actionlove.com/cases/case15629.htm>

**Bone Marrow and Sperms:** Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Göttingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years.

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that if over-ejaculation will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis?

**Ejaculatory Frequency and Season Change vs Semen Quality:** according to

<http://www.ncbi.nlm.nih.gov/pubmed/15302284?dopt=Abstract>, Increasing your ejaculatory frequency will drop your sperm concentration, but there is no seasonal variations in sperm concentration, motility, or morphology. Compared with one ejaculation per week, sperm concentration fell 29% with two ejaculations per week, and by 41% with three ejaculations per week. Noticeable, the spring ejaculatory frequency is significantly higher in spring months than the winter's. Note: the pituitary-testicular axis

and the skin endocrine function respond to the seasonal temperature change, and more active in warm weather.

### **Ejaculation Frequency vs. Testosterone Level:**

1. <http://www.ncbi.nlm.nih.gov/pubmed/12659241?dopt=Abstract> - "The purpose of this study is to gain understanding of the relationship between ejaculation and serum testosterone level in men. The serum testosterone concentrations of 28 volunteers were investigated daily during abstinence periods after ejaculation for two phases. The authors found that the fluctuations of testosterone levels from the 2nd to 5th day of abstinence were minimal. On the 7th day of abstinence, however, a clear peak of serum testosterone appeared, reaching 145.7% of the baseline (  $P < 0.01$ ). No regular fluctuation was observed following continuous abstinence after the peak. Ejaculation is the precondition and beginning of the special periodic serum testosterone level variations, which would not occur without ejaculation. The results showed that ejaculation-caused variations were characterized by a peak on the 7th day of abstinence; and that the effective time of an ejaculation is 7 days minimum. These data are the first to document the phenomenon of the periodic change in serum testosterone level; the correlation between ejaculation and periodic change in the serum testosterone level, and the pattern and characteristics of the periodic change." also in [http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
2. <http://www.ncbi.nlm.nih.gov/pubmed/11760788?dopt=Abstract> - "This current study examined the effect of a 3-week period of sexual abstinence on the neuroendocrine response to masturbation-induced orgasm. Hormonal and cardiovascular parameters were examined in ten healthy adult men during sexual arousal and masturbation-induced orgasm. Blood was drawn continuously and cardiovascular parameters were constantly monitored. This procedure was conducted for each participant twice, both before and after a 3-week period of sexual abstinence. Plasma was subsequently analysed for concentrations of adrenaline, noradrenaline, cortisol, prolactin, luteinizing hormone and testosterone concentrations. Orgasm increased blood pressure, heart rate, plasma catecholamines and prolactin. These effects were observed both before and after sexual abstinence. In contrast, although plasma testosterone was unaltered by orgasm, higher testosterone concentrations were observed following the period of abstinence. These data demonstrate that acute abstinence does not change the neuroendocrine response to orgasm but does produce elevated levels of testosterone in males."
3. American population testosterone level dropped about 50 ng/dl for men at around age 64-65 between 2 groups of men born in 1920-1924 and 1930-1934, according to in <http://jcem.endojournals.org/cgi/reprint/92/1/196>. When the 1920-1924 group reached the median age 65, their mean testosterone level was 500 ng/dl; when the 1930-1934 group reached the median age 56 and 64, their mean testosterone was 529 ng/dl and 444 ng/dl, respectively. The 1930-1934 group has a testosterone drop rate at about 10.65 ng/dl per year during ages 56-64. This report also shows that the testosterone drop rate generally becomes faster for the men from 55 to 65. If we use the same annual drop rate of the 1930-1934 group, the extrapolated, averaged testosterone level of 20 year old men born during 1930-1934 should be about 911 ng/dl. Assuming that the mean 20-year old testosterone level for both groups are the same about 911 ng/dl, the overall-averaged testosterone drop for the 1920-1924 group is about 9.13 ng/dl/year, while the overall-averaged testosterone drop for the 1930-1934 group is about 10.61 ng/dl/year I suspect the higher masturbation/ejaculation frequency in the younger generation after the 60's

sexual revolution resulted in a higher cortisol/ prolactin level (or faster ageing of the hypothalamus-pituitary-adrenal and -testicular axis) accelerates the testosterone drop, since some high-frequency over-masturbation young men experience male menopause (andropause) between ages 20-30.

In addition, semen has high concentrations of potassium, zinc, calcium, magnesium, citric acid, fructose, phosphorylcholine, spermine, prostatic acid phosphatase, free amino acids, prostaglandins and enzymes, which nourish and protect the sperm. Due to the high concentration of Phosphorylcholine in semen, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, you still have to ejaculate to burn the dopamine and testosterone and to induce the prolactin release in the pituitary and retina for some protective and anti-inflammatory hormone 16K-prolactin to cool down the nervous systems, so that you can avoid the side effects of excessive dopamine or testosterone. In this way, you can benefit from sex. Note that testosterone and acetylcholine can excite the dopamine-hypothalamus-pituitary axis and oxytocin release for sex.

Futhermore, **Semen contains a lot of GABA** (

<http://www.andrologyjournal.org/cgi/content/full/25/1/140> ,

[http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1) ) and **beta-**

**endorphin** [http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum) ,

[http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)), both of which are the calm/inhibitory neurochemicals. For a healthy man, ejaculation triggers glutamate-GABA conversion

with the liver enzyme glutamate decarboxylase while glutamine is converted to glutamate by the liver enzymes glutamate synthase and synthelase. In a male rates model, the cerebrospinal fluid(CSF)'s GABA and [Asparagine](#)/glutamate concentration increases 1000% and 200%, respectively, and there is a small decrements in amino acids such as serine, arginine, [Alanine](#) and [leucine](#) (

[http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum) ). If there is a lack of

the liver enzyme glutamate decarboxylase, glutamate in CSF becomes too high and GABA becomes too low. This is why ejaculation causes deficiency of GABA and excessive glutamate for the brain and nervous instability and sympathetic nervous Fight or Flight responses. Semen's GABA and beta-

endorphin in the vaginal and cervix can block the female dopamine, oxytocin and glutamate nervous

excitation in the brain via the pituitary-uterus/cervix vagal nervous pathway, Both GABA and beta-

endorphin also increase the female cerebrospinal fluid's GABA and beta-endocrine concentration right after male ejaculation, leading to calming the female central nervous system and reducing the oxytocin

release. That is why premature ejaculation will disable libido immediately, unless the semen's

prostaglandin E2 and glutamate can continue exciting the clitoral, G-spot, cervix and uterus vagal

nerves. However, semen/CSF's GABA and beta-endorphin can help male and female post-orgasm pains

in the urethra, prostate, bladder, clitoris, vagina, uterus, and tailbone

<http://endo.endojournals.org/cgi/reprint/145/3/1331>. Note: Beta-endorphin is mainly produced by the

hypothalamus-pituitary-adrenal and -testicular/Ovarian axis in response to stress. A sexual exhaustion

person will fail to release sufficient beta-endorphin in help suppress pains. A persistent sexual arousal person lacks of GABA and beta endorphin, but has a high level of glutamate, dopamine, norepinephrine, epinephrine and/or histamine. Obviously, a person with a lack of serotonin, GABA and beta-endorphin will experience severe anxiety, depression, mood swing, de-realization, irrational thinking, irritation, panic responses, premature ejaculation, penile or clitoral over-sensitivity, and pains.

**Extra side effects of Sex and Drugs:** Over-ejaculation, over-masturbation, excessive sex, excessive orgasm or drug abuse can induce brain's arterial inflammation to narrow down the arteries and to constrict the blood flow to the brain. The narrowed arteries in the brain require a high blood pressure to pump blood up to your brain. This results in hypertension, headaches, migraine, blurred vision, gum inflammation, sleeping disorder, and ear ringing addition to brain disorders, body or joint pains and inflammation, liver and kidneys fires, and prostate(uterus/cervix)/bladder/urethra disorders !!!

How to kick the pornography addiction: Reduction of the inflammatory hormone prostaglandin E2 production, Excessive epinephrine and norepinephrine induces inflammatory responses, persistent sexual arousal, and brain/nervous excitotoxicity, and enhancement of the serotonin and GABA nervous modulation and control

==> <http://www.actionlove.com/cases/case15570.htm>

Chronic Over-masturbation at about twice a day during puberty, following by using the erectile drugs PDE-5 inhibitors for impotence, resulted in poor vision, stress, anxiety, mood swing, and hair loss for no more sexual orgasm - you can prove the sexual exhaustion symptoms yourself too! why Not? **Suffering is Believing.**

==> <http://www.actionlove.com/cases/case15310.htm>

Chronic over-masturbation since age 13 retracted 3.5 inches of his penis into his belly (perineum), and downsized his penis from 8.4 inches to 4.9 inches

==> <http://www.actionlove.com/cases/case15642.htm>

The Root of Over-Masturbation/Excessive Sex: Male/Female Persistent Sexual Arousal Syndrome - <http://www.actionlove.com/extra/psas.htm>

LoveLonger can help young men avoid over-masturbation addiction for restoration of sexual orgasm

==> <http://www.actionlove.com/cases/case14813.htm>

He said 'I want you to know that you've helped me over come a bad pornographic habit. I know what you mean you become addicted to that shit. They say that shit is almost like heroin. .... I feel better and have been taking via package J moodax in the morning via growth 3 at noon and dofeibra at night. Erection strength is getting alot better..' Now how to solve the side effects of over-ejaculation and marijuana on the brain disorders: anxiety, stress, insomnia, restless, precum leakage, and ear ringing for better sexual orgasm

==> <http://www.actionlove.com/cases/case15171.htm>

Chronic over-masturbation since age 14 results in thinner hair, weak erection, memory loss, acne, stress, low back pain, premature ejaculation, stomach pains, and some blurry vision. But he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation

==> <http://www.actionlove.com/cases/case15630.htm>

Why a over-ejaculator or over-masturbator can experience craving of sweet or carbohydrate foods after sexual orgasm

==> <http://www.actionlove.com/cases/case15300.htm>

Experiences of sexual exhaustion due to low testosterone: more eye floater, joint and muscle pains, Occipital Neuralgia (pains in the head, neck, shoulder and behind the ears, both sides of head) for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15107.htm>

Post-ejaculation sexual exhaustion symptoms: penile pain, testicular pain, testicle pain, low abdominal pain, pubic pain, erectile dysfunction (curved-down erection), dead mind, loss concentration and memory, and blurred or poor vision for no more sexual orgasm - why and solution

==> <http://www.actionlove.com/cases/case15120.htm>

On the Interaction between his and her orgasms; how often men can have sexual ejaculation orgasm without inducing sexual exhaustion.

==> <http://www.actionlove.com/cases/case14802.htm>

Sex is a most strange, addictive drug without ingredients. Sexual exhaustion symptoms won't let him be unhooked - no sexual orgasm

==> <http://www.actionlove.com/cases/case14218.htm>

why ejaculation or orgasm can induce sleeping disorder( insomnia ) , hot flashes and mood swings - solution.

<http://www.actionlove.com/cases/case15054.htm>

Over-masturbation ruined his health and led to excessive prostaglandin E2 production for persistent sexual arousal and more masturbation for no sexual orgasm. How to regain control of masturbation habit.

==> <http://www.actionlove.com/cases/case15236.htm>

Chronically over-masturbating 3-7 times a day from age 12 to 19 for erectile dysfunction, destruction of testicular and adrenal function (extreme low testosterone level), and woman-wild-ride fracture, ultimately resulted in penile deformation, shrinking from 9 inches to 5 inches for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15213.htm>

His experience on Over-masturbating 1-2 times a day since age 12, 'My symptoms include....dizziness...heart palpitans...wheezing when i breath sometimes..but when i stop for about 1 month the symptoms get better..Why do all doctors say, its totally normal, do it as much as you like?' for no sexual orgasm

==> <http://www.actionlove.com/cases/case15089.htm>

He can not get recovery from sexual exhaustion by simply stopping ejaculation

==> <http://www.actionlove.com/cases/case14776.htm>

Chronically over-masturbating 2-3 times a day since age 13 destroyed dizziness, fatigue, tiredness, blurry vision, sore muscles, weakness, drowsiness, yawning, watery eyes, memory loss, low back pains, and light headedness for no more sexual orgasm. Why the high-tech medical instrumcments such as CT Scan, MRI, and hearing tests found nothing wrong!

==> <http://www.actionlove.com/cases/case14709.htm>



Solution for post-ejaculation/post-orgasm exhaustion symptoms (irritability, anger, mood swing, muscle stiffness, fatigue, stress, tiredness...) - for restoration of sexual orgasm.

==> <http://www.actionlove.com/cases/case14512.htm>

Over-masturbating twice a day during 13-18 years old gave this 24-year old man a 2-3 days refraction (recovery) time, like a 50 years old man have, for no sexual orgasm

==> <http://www.actionlove.com/cases/case14236.htm>

Over-masturbation/Over-ejaculation and long-term non-orgasm semen retention are two extremes for no sexual orgasm!

==> <http://www.actionlove.com/cases/case14184.htm>

Over-masturbation caused his 15 years old brain and body for severe anxiety, pains in testicles / back / tailbones, and no more sexual orgasm, but pains

==> <http://www.actionlove.com/cases/case14077.htm>

Chronically over-masturbating 3-6 times a day turned his 19-year old hypothalamus-pituitary-testicular function to be 70 years old for no more sexual orgasm.

==> <http://www.actionlove.com/cases/case14151.htm>

Chronic Over-masturbation resulted in bladder irritation, urethral tenderness / soreness, persistent sexual arousal with inflammatory pains, excessive precum leakage, IBS, fatigue, and body pains for no sexual orgasm. Again, why his doctors and drugs couldn't solve his sexual exhaustion symptoms.

==> <http://www.actionlove.com/cases/case14071.htm>

Factors causes male and female over-masturbation for self sexual abuse and no sexual orgasm

==> <http://www.actionlove.com/cases/case13729.htm>

Male Persistent Sexual Arousal Syndrome due to Excessive Prostaglandin E-2 release is responsible for over-masturbation and no enjoyable sexual orgasm <http://www.actionlove.com/cases/case13556.htm>

Warning: why sexual exhaustion symptoms can not be solved or detected by whatever doctors, psychologists or high-tech medical toys - no more sexual orgasm!

==> <http://www.actionlove.com/cases/case13448.htm>

Chronically Over-masturbating 3 times a day resulted in memory loss for no more sexual orgasm, but his doctors still wants to do it. Again, why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case14043.htm>

His Chronic Over-masturbation experiences for sexual exhaustion symptoms - of course, no more sexual orgasm. Why this young man can not get a recovery from sexual exhaustion

==> <http://www.actionlove.com/cases/case13983.htm>

He experienced over-masturbation induced sexual exhaustion symptoms for no sexual orgasm; why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case13808.htm>

He said 'i had a spontaneous erection with my girlfriend last night and it seemed to be

powered up straight away with me just kissing her and that's it. my girlfriend commented on how huge it had become it felt more harder and it was thicker around the shaft . ' with our DopaFibra and ViaGrowth-IV; On safety of multiple ejaculations in one love game.

==> <http://www.actionlove.com/cases/case11185.htm>

He said ' I have been taking your Viapal C for a month and a half now at the heaviest dosage - want to get better quicker! ... I feel that my addiction to masturbation has been cured thanks to you! ' for regulation of sexual orgasm !

<http://www.actionlove.com/cases/case13232.htm>

Chronic over-masturbating 7-8 times a day shut down his 25 year old hypothalamus-pituitary-testicular axis for penis and testicles shrinkage (75-80%), muscle loss, memory loss, and no libido for no more erection or sexual orgasm

<http://www.actionlove.com/cases/case13320.htm>

**Problems associated with Over-Masturbation and Over-Ejaculation (Document 1); For Document 2, click here; For Girls' Over-Masturbation and Excessive orgasm, Click Here; For ejaculating blood, click here or Male Ejaculation/Orgasm and Semen Production disorders, click here or Sexual Destruction by Marijuana (click here) or other Street Drugs (click here.)**

**The result: Sexual Exhaustion - What? Why? and How? Over-ejaculation melts down the acetylcholine/parasympathetic nervous functions first and then the liver functions that release essential enzymes for the syntheses of the neurotransmitters acetylcholine, dopamine and serotonin and the chains of hormone production; it causes the brain and adrenal functions to perform excessive dopamine-norepinephrine-epinephrine conversion and turn the brain and body functions to be extremely sympathetic. It results in the brain's and nervous dysfunctions, stress, anxiety, impatience, eye floaters or fuzzy vision, buzzing (noisy) ears, cardiovascular irregularities, urinary incontinence, male and female "prostatitis," weak kidney functions, pain or cramp in the pelvic cavity or/and tail bone, weak muscles or ligaments, and so on. The solution is to take the jump-start formula ViaPal-hGH-E (3-011) or ViaPal-hGH-M (3-014) which powers and restores the brain's acetylcholine/parasympathetic, dopamine and serotonin, reduces the stress hormone level or sedates sympathetic nervous function, and partially block the sympathetic alpha receptors. Please read the following cases for more!**

**Penile Enlargement Exercises, Weight Lifting, Bending Or Stretching with extreme forces for Penile Damage and Collagenization ([Click Here for Natural Penile Rejuvenation from Damage;](#) or [Click Here for Natural Penile Rejuvenation and Repair](#))**

We know you will stupidly beat up your penis for Inflammation (Swelling), Collagen-Scarring and Destruction of erectile nerves/tissues and blood vessels, in the name of Penile Enlargement. No joke! There is no muscle in your penis!! Your initial damage is in the [tunica albuginea sheathing spongy corpus cavernosa and Corpus Spongiosum](#) !! For solution of penile damage, please [click here to save your penis](#) (Thank You! Your penile enlargement exercises help us grow our business; that is, after [shrinking or damaging you penis with penile enlargement exercises, stretching or pumping, you will enlarge your penile veins, and then, of course, our bank account in order to save your penis and love life!! Here is how!](#))

Chronically inflammatory damage of the erectile tissues by mechanical stretching, bending, vacuum pump or vibrating forces will stimulate collagen protein release and activate the transformation growth factor beta-1 and -2 genes for scar development, in particular under stress or a lack of hGH and beta endorphin. If you scarred your erectile tissues, nerves and blood vessels in your penis (or clitoral and G-spot), you have to rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. The solution is: improve your blood flow down there, upgrade your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth!

Modulation of type I and type III collagen production in normal and mutant human skin fibroblasts by cell density, prostaglandin E2 and epidermal growth factor - [http://www.ncbi.nlm.nih.gov/pubmed/6295694?log\\$=activity](http://www.ncbi.nlm.nih.gov/pubmed/6295694?log$=activity)

Chronic inflammation will promote tissue scarring (penile exercise induced inflammation will destroy the erectile tissues with excessive collagen proteins that harden the penile erectile tissues, nerves and arteries):

Role of Cytosolic Phospholipase A2 in Prostaglandin E2 Production by Lung Fibroblasts  
<http://ajrcmb.atsjournals.org/cgi/reprint/30/1/91>

**Penile damage risk factors:**

PGE1 suppresses the induction of collagen synthesis by transforming growth factor-beta 1 in human corpus cavernosum smooth muscle.

<http://www.ncbi.nlm.nih.gov/pubmed/7861547>

Cyclic AMP modulates TGF-beta 1-induced fibrillar collagen synthesis in cultured human corpus cavernosum smooth muscle cells.

<http://www.ncbi.nlm.nih.gov/pubmed/9788104>

Stretch-induced collagen synthesis in cultured smooth muscle cells from rabbit aortic media and a possible involvement of angiotensin II and transforming growth factor-beta.

<http://www.ncbi.nlm.nih.gov/pubmed/9588872>

Stretch-induced proliferation of cultured vascular smooth muscle cells and a possible involvement of

local renin-angiotensin system and platelet-derived growth factor (PDGF).

<http://www.ncbi.nlm.nih.gov/pubmed/9328803>

Angiotensin II stimulates collagen synthesis in human vascular smooth muscle cells. Involvement of the AT(1) receptor, transforming growth factor-beta, and tyrosine phosphorylation.

<http://atvb.ahajournals.org/content/19/8/1843.full.pdf+html>

Effect of elastic fiber alterations in the tunica albuginea of the penis on erectile function of diabetic rats

<http://www.ncbi.nlm.nih.gov/pubmed/17425970> or

<http://www.j-smu.com/pdf2/200703/200703276.pdf>

Transforming growth factor beta 1 stimulates type V collagen expression in bovine vascular smooth muscle cells.

<http://www.jbc.org/cgi/pmidlookup?view=long&pmid=8144547>

Phenotypic modulation of corpus cavernous smooth muscle cells and its influencing factors

<http://www.ncbi.nlm.nih.gov/pubmed/20369559>

Transforming growth factor-beta 1 and the development of vascular hypertrophy in hypertension.

<http://hyper.ahajournals.org/cgi/pmidlookup?view=long&pmid=9535425>

**Penile Enlargement essentials:** the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongiosum to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP) and DHT.

**Penile Busters:** Excessive stressors epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the tunica albuginea and its sheathing spongy corpus cavernosa for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage will induce collagen scarring of the erectile tissues. You have to think 3 times before doing penile exercises - stretching, bending or pumping your penis. You should read the following articles first. If you don't believe it, please go to the

[Historical Lessons](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation) session, although historical lessons told us you don't believe the historical lessons. When history repeats itself, we will have no choice, but profit your penile exercise damage! Are you ready for penile enlargement exercises????? OK. please read this link before torturing your penis - [http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list\\_uids=10962334&dopt=Citation](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation)

**Skin is a Peripheral Neuroendocrine organ. This is why penile ballooning can help your penile skin and tissues convert DHEA and testosterone into DHT, and omega-3 and -6 into prostaglandins E1/E2/E3, for growing your penis when** the penile bloodstream contains enough hGH (human Growth Hormone) or factors, oxytocin, and sufficient enzymes such as 5-alpha reductase and COX-1/2 for the hormone or biogenic amine productions under the powerful sympathetic nervous action and stimulation on the adrenergic beta receptors in the penis. Penile milking, jelqing, stretching, pumping and clamping can kill the penile **Peripheral Neuroendocrine function.**

He said 'Your products for 5 months know and I feel much better, my erections are getting stronger and with higher angle then it was before.' and got recovery from his penile damage for better sexual orgasm

==> <http://www.actionlove.com/cases/case15168.htm>

He said 'My penis became a lot more numbed, in one night 4 years ago, because of sleeping with a lengthening device. I took your pills before, and it had many positive effects, ..' Repair the penile nervous damage induced by the penile extender lengthening device

==> <http://www.actionlove.com/cases/case16453.htm>

**Jelqing injury - no Corpus Spongiosum and glans inflation, no spontaneous and nocturnal erections - due to hardening of erectile tissues by collagen proteins as a result of increasing the collagen-erectile tissue ratio.**

==> <http://www.actionlove.com/cases/case16536.htm>

**Jelqing penile exercises ruined his erection and love night for no sexual orgasm**

<http://www.actionlove.com/cases/case16768.htm>

**A chronic over-ma**

**jelqing penile enlargement exercises give him erectile dysfunction and premature ejaculation.**

==> <http://www.actionlove.com/cases/case16742.htm>

**Rejuvenate penile damage due to cock ring constriction or/and penile pump over-expansion, with release of hGH, prostaglandins E1 and E3, nitric oxide and Transforming growth factor beta-3**

==> <http://www.actionlove.com/cases/case16734.htm>

**3-year manual penile enlargement has grown his flaccid penis, but experienced erectile dysfunction, killed spontaneous erection, and retracted his erectile penis into his body - due to the change of erectile-collagen tissue ratio.**

==> <http://www.actionlove.com/cases/case16535.htm>

Dick damage by an intense stretching exercise - collagenization of the penile nerves, arteries and erectile tissues for weak erection and no more orgasm

==> <http://www.actionlove.com/cases/case16836.htm>

Over-masturbation, penile enlargement jelqing exercises, and PC muscles exercises result in penile

injury, weak erection, premature ejaculation and no spontaneous erection at age 21

==> <http://www.actionlove.com/cases/case16675.htm>

Penile weightlifting exercises resulted in urinary stinging pain

==> <http://www.actionlove.com/cases/case16561.htm>

Practicing penile enlargement jelqing exercises with Over-masturbation results in scarring penile erectile tissues, nerves and blood vessels

==> <http://www.actionlove.com/cases/case16669.htm>

Penile jelqing stretching exercises results in penile damage, leading to erectile dysfunction.

==> <http://www.actionlove.com/cases/case16525.htm>

Penile enlargement jelqing exercises numb and bend his penis for no sexual orgasm

==> <http://www.actionlove.com/cases/case16513.htm>

3-week penile enlargement exercises gave him erectile dysfunction, bruises, fracture and bending for no more sexual orgasm

==> <http://www.actionlove.com/cases/case16442.htm>

Penile enlargement exercises, weightlifting and stretching damaged his penis, resulting in penile pain.

==> <http://www.actionlove.com/cases/case16422.htm>

Chronic over-masturbation at young age resulted in hair loss, retarded growth, premature ejaculation and a hypersensitive glans

<http://www.actionlove.com/cases/case16406.htm>

Penile enlargement exercises resulted in penile shrinkage with lost damage for the post traumatic soft glans and no more erection.

==> <http://www.actionlove.com/cases/case16385.htm>

jelqing penile enlargement exercises with PC exercises induced penile burning penis for no more erection and sexual orgasm

==> <http://www.actionlove.com/cases/case16253.htm>

Penile enlargement stretching device damages and shrinks his penis for erectile dysfunction and no more sexual orgasm, even PDE-5 inhibitor erectile drug won't work.

==> <http://www.actionlove.com/cases/case16363.htm>

He became impotent at 26 due to stretching exercises/penile weight lifting/penile pumps, and has experienced depression, stress, body heat, anxiety, panic disorders, sleeping disorder, cold hands/feet, asthma, ear ringing, heart racing, difficult breathing, short breathing, suicidal thought, in particularly after masturbating.

<http://www.actionlove.com/cases/case16215.htm>

Penile jelqing enlargement exercises gives him penile pain!

==> <http://www.actionlove.com/cases/case16336.htm>

Good Old Days Sexual exhaustion causes persistent body pains, patellar tendinitis (knee pains, ankles aches, buzzing ears, eye floaters, depression, anxiety, broken penis by CowGirl wild ride, jelqing penile damage, premature ejaculation, hair loss, weak erection (going limp), penile shrinkage and ADD, even if you cut down sexual frequency.

==> <http://www.actionlove.com/cases/case16170.htm>

Pornography addition, pre-puberty over-masturbation, penile exercises, and weight lifting stressed his hypothalamus-pituitary-adrenal and -testicular axis for sexual exhaustion symptoms: weak erection,

premature ejaculation, penis shrinkage, prostate pain, semen deficiency, penile bending, blurry vision, post-sex headaches, urethral pain and semen leakage

==> <http://www.actionlove.com/cases/case16197.htm>

2- month Jelqing penile enlargement causes his erectile dysfunction

==> <http://www.actionlove.com/cases/case16109.htm>

Penile pumping and penile exercises causes inflamed thrombosed vein, weak erection, and weak ejaculation; chronic over-masturbation during age 14-21 results in depression, procrastination, sexual addiction (persistent sexual arousal), memory loss, no concentration, cloudy mind and frequent urination.

==> <http://www.actionlove.com/cases/case16039.htm>

Jelqing penile enlargement exercises enlarges his penile and testicular veins and gives him testicular pains

==> <http://www.actionlove.com/cases/case15960.htm>

Drug abuse (methamphetamine, marijuana and alcohol) and over-masturbation result in severe depression, social anxiety, body pains, buzzing ears, eye floaters, dizziness, memory loss, persistent muscle tremors (parkinson's disease), severe ADD, penile numbness, prostate pain, hypertension, masturbation addiction (persistent sexual arousal), penile deformation and no more orgasm; Penile enlargement exercises, jelqing and stretching hardened his erectile tissues for no more erection.

==> <http://www.actionlove.com/cases/case15837.htm>

A penile enlargement exercise and stretching victim said ' Let the people watching your webpage be te wise, and stay away from bogus enlargement techniques that could kill the most precious part of our body.'Chronic over-masturbation induced Female ejaculation without sexual orgasm

<http://www.actionlove.com/cases/case15123.htm>

The similarity between the penile jelq-induced damage and heart failure as a result of increased collagen synthesis for no more sexual orgasm - A special Penile Enlargement advice

<http://www.actionlove.com/cases/case14906.htm>

The role of DHT, prostaglandins E-1/E-2/E-3, and Nitric Oxide in the penile (clitoral) enlargement for more sexual orgasm

<http://www.actionlove.com/cases/case13917.htm>

Penile stretching exercises resulted in poor low body blood circulation, penile nervous damage and erectile dysfunction for no more sexual orgasm! OK, healing with prostaglandin E-1 and Nitric Oxide!

<http://www.actionlove.com/cases/case14274.htm>

Solution for multiple penile/prostate/bulbourethral damage due to penile enlargement jelqing and PC muscle exercises for premature ejaculation (3 sec after penetration!), frequent urinary urgency, penile bending, random prostate/PC muscle spasms, severe precum flooding, varicose veins, cold glans, impotence, penile sensationless, and no more sexual orgasm

==><http://www.actionlove.com/cases/case14734.htm>

**The historical lessons of Penile Exercises: No Joke! Only a stupid man will beat up his penis for no more sexual orgasm in the name of penile enlargement! If you hate your penis so much, why not simply chop it off!**

**Warning: You have one and only one penis. If you screw it up, you are about to end your love life, physically and psychologically! You don't have to kill or torture your penis for enlargement by inducing**

COX-2 expression for penile tissue/blood-vessel/nervous inflammation with a protein collagen release for penile scar formation inside the penile erectile tissue! Particularly, don't pull your glans penis or hang a weight on it since it is the external ending of the fragile Corpus Spongiosum which embeds the thin, hollow urethral tract that connects the prostate and bulbourethral glands (please read <http://www.actionlove.com/image/abrasion.jpg> or <http://www.actionlove.com/image/fig6-17b.jpg> ). Pulling the Corpus Spongiosum with a force will damage the nerves in your urethra, bulbourethral glands and prostate for erectile dysfunction and premature ejaculation with a flooding of precum discharged from your bulbourethral glands or with a frequent semen leakage when you get excited. It may also damage the connection tissue between the Corpus Spongiosum and the Corpora Caverosa, resulting in penile deformation. If you damage any erectile spongy tissue and blood vessels, your penis will shrink and deform and you will get penile vein enlargement , varicose and spider veins & chronic venous leakage (valve damage!); if your stretching or bending force damages (inflames) your prostate and urethra, you will experience urination sensation. Remember that the mechanical penile enlargement negatively affects the tissues, nerves and blood vessels in the urethral, bulbourethral glands and prostate too when the local tissues can not produce enough prostaglandins E-1/E-3 and NO to support the mechanical stress and strain! **If you damage any one of them, you will need a long-term penile repair with [ViaPal-hGH-P \(or ViaPalhGH-J for young men\)](#), [PinealTonin](#), [L-Arginine \(500 mg 3 times day\)](#) (new product [ArgiNOx](#)) and [Fish/Borage Oil \(1000 mg with each meal\)](#) in boosting the prostaglandin E-1/E-3 and Nitric Oxide for healing and rejuvenation.**

### **The historical lessons of Penile Exercises for no sexual orgasm. -**

<http://www.actionlove.com/cases/case13503.htm>

The fact is that there is no muscle in the penis for you to exercise. When your penile spongy tissue produces insufficient Prostaglandin E-1, your penile tissue, nerve and blood vessel become inelastic or inflexible. Under this condition, the strain induced by your penile exercises , stretching or bending will stimulate the tissue to stimulate fibrogenic cytokine over-expression. Fibrogenic cytokine will stimulate collagen release for the scar tissue and fibroblast cells to grow over the damaged erectile tissue, leading to the erectile nervous dysfunction and the restriction of the penile blood flow in addition to damaging your penile nerve and blood vessel. Only prostaglandin E-1 and Nitric Oxide can help dissolve the collagen scar and restore nerve and blood vessel. Frequent abrasion of the penile tissue will also trigger the over-expression of enzyme COX-2 for an excessive production of the harmful prostaglandin E-2 and an over-expression and release of histamine in the tissue. Prostaglandin E-2 will inflame, but not enlarge, your penis after you beat up your penis for a few days, and then killed your testicular function and manhood! Therefore, if you damage or abrade the delicate penile spongy tissue and nervous fiber or ending, your penis will deform and weakly erect, or even lose your erection. Your penis is your 2nd head. Don't damage your heads.

**He said ' I have tried most of you advices on orgasm and they work!' How about Penile enlargement exercises? increase the elasticity of the erectile tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa first. Penile ballooning is a friendly penile enhancement method for sexual orgasm**



## **Penile Enlargement - The Penile Ballooning Method (you should also have to know how to screw up your penis?) or Examples, More Examples, or More and More Examples**

News Reports: [Penile Pumping](#) and [Penile Exercises](#) or you like this link [the penile enlargement examples!!!!](#)

Enlarge Your penis?

Yes! it is possible! The best time for self practice of penile ballooning is in the morning upon wakeup and still in the bed when the bloodstream contains a high level of androgen hormones and HGH without external stress. Generally, you can practice penile ballooning in any positions; a supine or sitting relaxation position is better than a standing position although I usually prefer a semi-squatting (horse-riding) position with a body-weight loading on the leg muscles and joints. However, jumping out of bed or standing up may result in quickly going limp by redirecting the blood flow from your penis and testicles to your skeleton muscles and joints to support the body weight for some androgen-deficient men. In this regard, he will have to boost androgen hormone level first. Spontaneous erection is essential to penile ballooning. Natural spontaneous erection can occur when androgen hormones, HGH, and dopamine function run high without external stress upon the morning wake up, and when oxytocin (requiring a dopamine nervous burst) runs high with stress hormone norepinephrine acting on the sympathetic nervous beta-adrenergic receptors during lovemaking with a testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively. Both occasions are the best time to practice penile ballooning. However, HGH is essential to activation of the stem cells in the erectile tissues for regrowth with prostaglandin E-2 while release prostaglandins E1 and E3 and nitric oxide are necessary for penile tissue and nervous relaxation and flexibility. All the chemistrial factors are to activate gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3) for fine-tuning or suppressing pain and inflammatory responses as well as for avoiding collagen protein release that leads to scarring penile erectile tissues, nerves and blood vessels for deformation and erectile dysfunction as common results of mechanically penile stretching, pumping and weightlifting. Excessive prostaglandin E2 and stress hormone norepinephrine are the common factors for stimulation of the collagen protein release. Don't be fooled by temporary penile tissue inflammation due to excessive prostaglandin E2 and stress hormone norepinephrine as penile enlargement. It is a sign of penile tissue hardening for erectile dysfunction.

OK. here is my Penile Ballooning secret:

*Step 1: Have a spontaneous erection.*

*Step 2: Stimulate the vagal nerves in the pubic bone (pubis) and superior side of the penile shaft to continuously maximize the erection for expansion from the initial spontaneous erection to the 2nd or 3rd stage erection. This vagal stimulation is to power up the dopamine-hypothalamus-pituitary axis for promoting the NOergic and oxytocinergic nervous function that drive both the parasympathetic and sympathetic beta-adrenergic nervous erectile mechanism. You also need sufficient androgen hormones, with serum testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively, for an initial erection, and 600 ng/dl and 60 ng/dl, for a sustaining erection. Spend about 5 minutes in this step.*

*\*\*\* Note: Intercourse with Dr. Lin's [3-point excitation love position](#) is the most effective way for stimulating the vagal nerves in both the pubis and the superior side of the penis. Or, use [the high-attack angle love position](#) can provide a powerful stimulation for the superior side of the penis. Alternating both love positions can increase the penile size by intercourse itself. That is, you can use the vagina to balloon your penis! Both love positions also stimulate the women's vaginal nerves from the clitoris, G-spot and Epicenter (the superior side of the cervix and the vaginal anterior fornix) for women to achieve a powerful orgasm.*

*Step 3: Compress or squeeze the penile shaft the force the blood toward the glans for internal erectile tissue expansion and promote prostaglandins release. Spend about 2 minutes in this step.*

Step 4: Massage your testicles to increase your testicular function. Spend about 1 minute in this step.

Step 5: Repeat step 2-4 until you are about to ejaculate; then pull down your scrotum and testicles and slightly pinch both groins and penile shaft to induce endorphin to knock ejaculation urgency. Spend about 1 minute in this step.

Step 6: Repeat Steps 2-5 for 3-5 times, for about 20-30 minutes.

You can not do penile ballooning without a spontaneous erection and you also have to last for 20-30 minutes without ejaculating.

**Important notes for Dr. Lin's Penile Ballooning Method:**

Rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. That is, have a frequent spontaneous, long-lasting erection to upregulate your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the penile somatic stem cells, boost the release of beta endorphin, and activate the genes cyokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth! Please read the following links first:

On superior penile size and growth for sexual orgasm and the limitation of the erectile angle with penile size - the cantilevel beam theory and the deflection induced tissues scarring

==> <http://www.actionlove.com/cases/case16713.htm>

hGH, DHEA, testosterone and DHT in conjunction with Nitric Oxide and prostaglandins can reactivate penile adult (somatic) stem cells for penile enlargement and regrowth- of course, more sexual orgasm

<http://www.actionlove.com/cases/case16550.htm>

DHT is essential to penile regrowth. Penile ballooning increases prostaglandins and nitric oxide release to sensitize the androgen receptors for DHT action.

<http://www.actionlove.com/cases/case16813.htm>

Penile Enlargement essentials: the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP), and DHT in conjunction with stimulation of hGH. Penile or clitoral/G-spot ballooning will also stimulate syntheses of opioid peptides, such as such as enkephalins and endorphins, in the central and peripheral nervous system, local neurons, endocrine cells, cells of any internal organs, immune cells,

nociceptive nerve endings, keratinocytes, monocytes/macrophages and B and T lymphocytes. The released beta endorphin will decrease penile sensitivity and even numb the penile surface skin, sub-layer nerves and the urethral tract when the penile erectile tissues expand to the extreme in the 2nd or 3rd stage erection. The endogenous opioid peptide beta endorphin interacts directly with opiate receptors in the penis and testicles and located on immune cells and nociceptive nervous terminals for fibroblast proliferation and growth of capillaries in addition to fine-tuning or suppressing pain and inflammatory responses, by activating gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3). A powerful orgasm also elevates the beta endorphin level in the blood stream. Ballooning your penis into the extreme, in which state you feel semi-numbed and your penis is about to explode, can prolong your sexual intercourse, and then, after all, have a powerful orgasm that induces another surge of beta endorphin release into your blood stream to assist penile regrowth. Noticeably, only a power orgasm that lets you experience instantaneous body numbness, in addition to penile numbness, indicates a surge release of beta endorphin. Both my and I experience this phenomenon once a while. For women, a ballooned clitoris will be looked like a cherry after achieving a powerful body-shaking and numbing orgasm.

that androgen hormones testosterone and DHT are responsible for penile enlargement and size. The studies conclude that androgen hormone regulate trabecular smooth muscle growth and connective tissue protein synthesis in the corpus cavernosum, responsible for stimulating differentiation of progenitor cells into smooth muscle cells and inhibiting their differentiation into adipocytes. Androgen deficiency reduces the smooth muscle cells, stimulates the collagen release for scar tissue development, and increase the ratio of the collagen-to-smooth muscles and hardening the erectile smoothing tissues. nerves and blood vessels, resulting in venous leakage and erectile dysfunction. It also harden the heart and arterial smooth muscles too.

**Can you grow a big penis with a high DHT level while retaining your hair? Yes, you can increase your DHT level and reduce your stress hormone release to achieve it. This is what innocent, puberty teenagers get - growing their penis with a peak of DHT surge and having full hair. Once the kids lose their innocence, they start to experience stress and hair loss. Please also read this articles:**

**CRF Receptor Antagonist Astressin-B Reverses and Prevents Alopecia in CRF Over-Expressing Mice** - <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0016377>

Comments: This is a very interested research report! It proves our conventional belief that stress causes hair loss and graying and skin-color alternation. Reducing stress can stop hair loss, regrow hair and restore cause normal skin/hair pigmentation.. The Corticotropin-releasing factor receptor blocker won't reduce the cortisol level, but may cause deficiency of norepinephrine, leading to poor memory, neuroimmune disorders, pituitary functional disorders, and sympathetic nervous erectile dysfunction.

Neuroimmunology of stress: skin takes center stage -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2232898/pdf/nihms38083.pdf>

**About DHT effect on sexual differentiation and penile growth:**

"Paternity by Intrauterine Insemination with Sperm from a Man with 5 $\alpha$ -Reductase-2 Deficiency"

<http://www.nejm.org/doi/pdf/10.1056/NEJM199704033361404>

states: "At the age of 34 years, penile length (stretched) was 3.5 cm, with a circumference of 7 cm. He was treated once daily with 25 mg of dihydrotestosterone cream administered topically as 1/4 teaspoon of 2 percent dihydrotestosterone in cold-cream base just above the pubic area. After five months of this therapy, the penile length (stretched) was 6.5 cm, with a circumference of 6 cm. After treatment with

two daily applications of dihydrotestosterone cream for three months, the stretched penile length was 7.5 cm and the circumference was 6.5 cm. Hair growth on the chin, upper lip, and abdomen along the linea alba increased progressively during the eight months of treatment." .."In men who were not treated in childhood, topical dihydrotestosterone therapy may also stimulate penile growth after puberty."

"Male pseudohermaphroditism due to steroid 5alpha-reductase 2 deficiency. Diagnosis, psychological evaluation, and management"

<http://www.ncbi.nlm.nih.gov/pubmed/8606628?dopt=Abstract>

States: "Treatment of the prepubertal boys with testosterone and/or dihydrotestosterone resulted in a doubling of penis size."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC425320/?tool=pubmed>

However, when the DHT level is too high, it may downgrade the androgen receptors in the penis and upgrade them in the prostate. That is a bad news for administration of DHT to the normal men with a upper high DHT level, as given in <http://www.ncbi.nlm.nih.gov/pubmed/2301571> Thus, that is why you need help from penile ballooning. Penile ballooning can help normal men to stimulate the prostaglandins and nitric oxide release in the penile tissues to increase the binding of DHT into the penile receptors while stimulating the testicles to release more at the same time.

**Conservation of semen for penile enlargement - although a long-term semen/sperm retention may reduce the testicular testosterone and DHT output , but don't fully empty your seminal vesicles every time you practice sex! Here is why!**

Semen contains human growth hormone, Insulin-like growth factor-I, alpha2-macroglobulin, testosterone, and other therapeutic and pharmaceutical proteins. Don't fully empty your seminal vesicles. Keep some semen to help you get recovery and grow your penile erectile tissues and cells even after ejaculation. This is very critical for penile enlargement practices.

Pre-puberty overmasturbation may limit the body and penile growth. Vasectomy can significantly drops hGH and testosterone at about 30-60% and 25-53%, respectively, in seminal plasma.

Note: Chronic stimulation of sex organs can lead to over-production of  $\alpha$ -MSH and Trapping excessive  $\alpha$ -MSH in certain areas of skin results in extra skin darkness, particularly in eye cycles, labia minors, penile and clitoral foreskin, and perineum if the local skin neuroendocrine function is working. Abrasive the skin in sex organs may scar the tissues with excessive release of collagen protein and Transformation Growth Factor Beta-1 and/or Beta-2.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693363/pdf/15293811.pdf>

**Special Note for Male Orgasm Control, applicable to Penile Ballooning and prolonging sex -**

Orgasm /ejaculation is triggered by the sympathetic nervous acting potential (voltage).

The acting voltage = the DC biased voltage + the pulsing voltage produced by sexual stimulation.

If you elevate your DC level but limited or clipped the pulsing amplitude, you can hold the near-ejaculation plateau very long without triggering ejaculation.

Elevating the DC potential can be done by increasing the acetylcholine level in the nervous systems and the nitric oxide release in the muscular endings of sex organs; limiting/clipping the stimulating pulsing amplitude can be achieved by elevating the serotonin and GABA nervous modulation in the adrenal medulla and interneuron synapses, enhancing the prostaglandin E-1 modulation on the sensory

nerves in the muscular endings of sex organs, and reducing the prostaglandin E-2 level in muscular endings of sex organs.

**Penile Busters:** Excessive stressors norepinephrine, epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the *tunica albuginea and its sheathing spongy corpus cavernosa* for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage, including penile enlargement stretching, jelqing, weightlifting, penile pumping, cock ring use, over-bending, over-masturbateion, and so on, will induce collagen scaring of the erectile tissues, by stimulating release of inflammatory hormone prostaglandin E2 and collagen protein, in conjunction with activating Transform Growth Factor Beta-1 and -2 gene expression in repairing the damaged tissues. That is, chemically or mechanically induced Transform Growth Factor Beta-1 and -2 gene expression will harden your penile erectile tissues, nerves and blood vessels, leading to penile shrinkage or deformation.

Penile Enlargement stretching and jelqing with Kegel/PC muscle exercises have damaged his penis and gave tingling pain around the groins, penile shaft and testicles, deformed the penis into an hour-glass shape for erectile dysfunction and anxiety. Why does repetitive damage by penile Penile Enlargement stretching and jelqing turn the erectile tissues into scars?

<http://www.actionlove.com/cases/case16706.htm>

Finasteride killed his liver and testicular function for penile shrinkage, erectile dysfunction, low semen production, and no sexual orgasm; on the role of the liver enzyme 5-alpha reductase in DHT production, semen production and penile growth.

<http://www.actionlove.com/cases/case15287.htm>

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

==> <http://www.actionlove.com/cases/case15997.htm>

Testosterone injection gave him high libido and a bigger penis, but also an enlarged prostate and then taking DHT blocker (5-alpha inhibitor) shrinks his penis and damages his ligaments; he also experience vertigo and slow skin healing.

==> <http://www.actionlove.com/cases/case16286.htm>

## **Natural Penile Enlargement - The Ballooning Effect (The Penile Power-up or Ballooning Method)**

This website is created, based upon [Dr. Lin's "Resonant Excitation Of Sexual Orgasms - Tao of Love Coupling"](#):

the orgasmic wave theory for excitation of sexual pleasure and for solutions of orgasmic pain/cramp/blackout, and the bioelectric theory for rejuvenation.

**THE FACT:** Yes, You can "balloon" your penis to gain extra couple inches. But, [What does the "balloon or power up" means? Sorry, I don't like the word "Enlarge."](#) I had been reluctant to disclose my Natural Penile Enlargement Method, from which I have gained about 2 inches,

before a young reader e-mailed me on the penile enlargement with sexual intercourse as described in

'Readers testified Dr. Lin's "Penis Power-up Method" - Expand your penis.

==> <http://www.actionlove.com/cases/case7506.htm>'

(One of the main reasons is that men don't need a big penis to make women achieve sexual orgasm. My finger pliers with only one finger of 0.5 inches diameter and 3-4 inches long, inside the vagina can trigger Level-7 orgasm in less than one minute when the woman become very hot! The trick is you have to massage the female clitoral shaft and urethral nerves at the same time. If you know this trick, you can make her come at your finger or penile Tip, please read <http://www.actionlove.com/love/method.htm> . If you really want to enlarge your penis, please continue your reading. Advice: The more you work on your penis, the faster you ejaculate. Things are in your brain, not in your penis!)

After that, I disclosed this Natural Penile Enlargement Method in <http://www.linplaza.com/cases/case7648.htm>

The most interested thing is, Sexual Intercourse can help "enlarge" the penis, clitoris, G-spot, Epicenter and vaginal/urethral spongy tissues. if you have a lot of hormones to burn during sex. The density of testosterone, DHT and Oxytocin (orgasm hormone) receptors in these special tissues seems to increase, when the sex organ tissues are stimulated in the hormone bath - the hormone-enriched blood. The hormone receptors trap more and more hormones to stimulate the tissues to expand, leading to the natural enlargement. (Oop! You have to avoid the DHT receptors developing in your prostate; otherwise, you will have your prostate enlarged after midlife! But, [How to avoid this problem????](#) ) These spongy tissue textures are like a lot of small blood balloons that form the penis, clitoris and vaginal/urethral tissues, so that you can enlarge them like the air balloons for your birth party. The question is how much hormones are required to enlarge the sex organs. Oop! I almost forgot the ultimate erection power driver - the brain/parasympathetic nervous system. You won't get a spontaneous erection without the kick-in of the parasympathetic nervous function to link your brain to your love tools. How it works: The Brain/Mind Action -> the parasympathetic sexual motor nerve -> the neurotransmitter Acetylcholine (ACH) -> the erection neurotransmitter Nitric Oxide (NO) in your sex organ -> the erection dilator cyclic Guanylate MonoPhosphate (cGMP) -> [Powered-up Love Tools](#). If you can not have a spontaneous erection without blow or hand jobs, you can not "enlarge" your penis because your brain and your love tools are not linked properly. Sorry :- (..... On the other hand, If your Brain/Mind acts on your sympathetic sexual motor nerve, your erection will be withdrawn (go limp!) or you will experience premature ejaculation. This is known as "Flight or Fight", that is "Run Away or Shoot it Out!"

Anyway, I give the principle, method and other readers' experiences on my Natural Penile Enlargement method here.

Theoretically, you can not regrow your elastic, spongy penile tissue after your 25 or your growth period depending on your Human Growth Hormone (HGH) level. The highest HGH level occurs during age 12-15; the second high, during age 16-24. The old Taoists have considered that the male penis stops growing after 25 if masturbation or ejaculation is limited to retain sufficient HGH, DHEA and testosterone hormones in the bloodstream. The penile tissue is very special,

unlike the regular muscle which you can use destruction and reconstruction (healing) processes to increase the muscle size as body builders do. The penile tissue can not be regenerated after broken. Once the penile tissue is destructed, the penis will be deformed to certain degrees. Excessive use of any mechanical devices or external forces applied to elongation of the penis may result in penile crooking or curving. That is why I have to introduce the Natural Penile Enlargement Method to help men out.

This method is to emulate teenagers' "Growth" Process. Instead of "Growth", we have to make the penile tissue more elastic to balloon with the internal sexual energy. Erection is powered by the parasympathetic sexual nerve via the burning of testosterone and an enzyme called 5-alpha reductase to balloon the penis. The burning of testosterone produces DHT (Dihydrotestosterone), resulting in tissue expansion and heating, and bioelectricity to charge the nervous system, resulting in increment of nervous sensitivity and responsibility. The testosterone burning occurs every where in the body: skins, tissues, bones/joints/marrows, internal organs, and the excessively generated bioelectricity is stored in the parasympathetic nervous subsystem which produces the acting, healing or erecting/engorging power whenever or wherever necessary. For ballooning or expanding the penis in the Natural Penile Enlargement, it requires DHEA to increase the elasticity of the penile tissue and the testosterone production, an optimal amount of estrogen to help dilate the local blood vessel for more blood to fill the penile, and sufficient HGH to help the body to produce suitable amounts of DHEA, testosterone, estrogen and 5-alpha reductase. Noticeably, estrogen plays an important role in cooling down the sex organs during sexual excitement, where most of testosterone is burned into bioelectricity and the end product DHT. The Penile Ballooning Method is to use the massage method to direct more DHT and hormone enriched blood into the glans penis and penile tissue to increase the penile expansion pressure for popping out the hidden portion of the penile shaft out of the body.

\*\*\*\*\* Special Note On Natural Penile Enlargement\*\*\*\*\*

DHT (dihydrotestosterone) is responsible for penile/clitoral growth during adolescence. Without sufficient DHT, the penis becomes defective. To produce sufficient DHT, it requires sufficient testosterone and enzyme 5-alpha reductase. 5-alpha reductase is produced by the liver. When the liver function becomes weak, the liver also produces a large amount of enzyme Aromatase that converts testosterone and its precursors into estradiol - the most potent estrogen. Estradiol stimulates cell multiplication in the hormonal-receptor-rich tissues like the breasts and reproductive organs such as labia, uterus and prostate. It is considered that Excessive Estradiol is responsible for the cancerous/tumorous development in the breast and reproductive organs. For men, the action of Excessive estradiol, with excessive binding of DHT in the prostate tissues may be solely responsible for prostate enlargement and cancers. It is also recognized that the DHT level in the male body during adolescence reaches the maximum in the male life (for the natural growth of the penis, testis and prostate!), but there is not prostate problem during that time. The prostate problem occurs when men ages or when the testosterone level and the burning of testosterone into DHT becomes low! In fact, at this time of life (midlife!), the liver produces a large amount of enzyme Aromatase and the Estradiol level is significantly increased. It is well-known that Estradiol grows labia, clitoral hood and breasts and makes them wrinkly or saggy. For this reason, our anti-aging products have to include a lot of ingredients to deal with the liver function. Without a proper liver function, the body can not get sufficient "Good" enzymes to synthesize amino acids and hormonal precursors to power the brain/nervous/endocrine/cardiovascular functions, and at the same time, to stop the Aromatation of testosterone and its precursors to Estradiol. The fringe benefit of the products is to stop the cancerous/tumorous development in the breasts and reproductive organs, naturally also reversing the prostate enlargement. We also should pay special attentions to the mimic growth hormone, testosterone and estrogen in the drugs, meats, dairy products, pesticides and

artificial Hormonal Replacement Drugs that are foreign to our human body. These mimic hormones can bind to the hormonal receptors tightly to change good cells into tumors or cancers. Another feature of our products is to use plant hormones (such as Plant Estrogen also known as Isoflavones or phytoestrogen) to free Estradiol from hormonal (androgen) receptors of the breast, uterine and prostate, and excessive testosterone and DHT from the prostate.

\*\*\*\*\* End of Special Note\*\*\*\*\*

To make this natural enlargement method work properly, a minimum level of DHEA, testosterone and estrogen in the bloodstream is required to help the Central Nervous System (CNS) command the pituitary to produce sufficient HGH, since the CNS bioelectricity is charged by the burning of the testosterone. This is self-stimulation chain of the endocrine system, or a bioelectric recharging system, like the automobile engine. When the chain is broken due to aging, overmasturbation or overejaculation, you have to Jump Start the CNS and endocrine system and relink the chain by feeding the body with balanced electrolytes: HGH Releaser, DHEA, Androstenedione (testosterone precursor), Isoflavones (plant estrogen), and tribulus terrestris (5-alpha reductase releaser). I call these magnificent five ingredients "Xmale Power Cycle 5X." This is the nickname of the product [ViaGrowth-III](#). Seniors and some middle agers may requires more HGH releaser. That is why I invent a new product called [ViaGrowth-IV](#) and more powerful package called [ViaPal-hGH-D or -X](#) to help them. .

Note: My Grandma always said teenagers' bottom has three (3) fires that can cook egg, boil water, and steam rice cakes. I believe she means that teenagers have sufficient testosterone being continuously burned into DHT and bioelectricity to heat up the body and to recharge the nervous system. That is why teenagers have so much energy to tirelessly act! HGH, DHEA , Testosterone and DHT play the trick!



**Benefits from Optimal Orgasms (the Tao of Sexual Orgasms):** Orgasm triggers the pituitary to release prolactin. Although chronically excessive prolactin can disable the sexual function, induce cancerous development, screw up the reproduction system and cause depression, an optimal prolactin release from your pituitary and eyes, as a result of an orgasm, is good for hGH production, cancer and tumor prevention and for healthy eyes, brain, heart, liver, kidneys, uterus and prostate. Particularly, if **chondrocytes** (bone marrow stromal stem cells) can release the enzyme matrix metalloproteinases to convert prolactin into 16K-prolactin (16 kDa N-terminal fragment of the hormone prolactin), you will benefit from the antiangiogenic effects from 16K-prolactin. 16K-prolactin can block the blood vessel invasion or new blood vessel growth, associated with the endochondral bone formation (blocking mitogen-induced vascular endothelial cell proliferation, involved activation of programmed cell death) and tissue repair after injury and inflammation (by prostaglandin E2!), which is an important mechanism underlying human diseases such as cancer, diabetic retinopathy, rheumatoid arthritis, and heart diseases. It is antiangiogenic, but excessive 16K-prolactin inhibits the penile or clitoral growth, or other normal cellular or nervous repair and regeneration/rejuvenation. Therefore, you need an optimal orgasm frequency to prevent cancers (including prostate cancers), tumors and **retinopathy** (non-inflammatory damage to the **retina** of the eye, due to lack of the blood supply, damaged or constricted blood vessels.) However, you should not have an excessive sex or orgasm since it will produce excessive stress hormones to inhibit the release of the enzyme matrix metalloproteinases, to suppress the neuro-immune system, and to activate the inflammatory factors triggering your health alarm system, as a result of the excessive prostaglandin E2 production. The inflammatory factors actually damage the bone marrow cells. Due to the fact that semen contains high concentration of Phosphorylcholine essential to the brain and nervous function and repair, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, your pituitary will be over-excited, leading to excessive oxytocin release and prolactin deficiency, in addition to neuroexcitotoxicity from dopamine-induced excessive glutamate and histamine production, the deamination of dopamine to DOPAL and the oxidative stress from the demination byproduct **Hydrogen Peroxide**. Therefore, Optimal orgasm and ejaculation can help you burn some dopamine and testosterone out, and then induce the prolactin release from the pituitary and retina tissues for some protective and anti-inflammatory hormone 16K-prolactin in cooling down the nervous systems. In this way, you can avoid the side effects of excessive dopamine or testosterone, and benefit from sex. **That is, an optimal orgasm or sex can improve your health.**

Remember this:

Bone Marrow and Sperms: Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Gottingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years - <http://search.yahoo.com/search?p=Karim+Nayernia+sperm+marrow&ei=UTF-8&fr=moz2>

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that over-ejaculation or excessive orgasm will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis? This means excessive orgasm/sex/ejaculation, job-related stress, substance abuse or toxins can inhibit the enzyme matrix metalloproteinases from the bone marrow stromal stem cells. This is why our readers kept reporting inflammatory pains and arthritis induced by orgasm/ejaculation, job-related stress, substance abuse or toxins.

As of today, a high level of prolactin has been realized as a promoter or co-initiator of breast and prostate cancers, in addition to disable the sexual function. It appears to play a key role in the

development and progression of breast and prostate cancer and tumors. So, keep your prolactin level in the normal range and avoid the synergistically biological effects of the prolactin on the estrogen or/and DHT receptors.

You will get another benefit from sex and orgasm if you get a resulted elevation of both GABA and glutathione which are converted from excitotoxicity glutamate. GABA is synthesized from [glutamate](#) using the [enzyme L-glutamic acid decarboxylase](#) and [pyridoxal phosphate](#) as a [cofactor](#), and glutathione from the amino acids [L-cysteine](#), [L-glutamate](#) and [glycine](#) in two [adenosine triphosphate](#)-dependent steps: by combining L-glutamate and cysteine via the enzyme [gamma-glutamylcysteine synthetase](#) to form gamma-glutamylcysteine, and then adding glycine to gamma-glutamylcysteine via the enzyme [glutathione synthetase](#) to produce glutathione. Elevation of GABA with serotonin, norepinephrine and prolactin after sex or orgasm will trigger the pineal gland and retina to release melatonin for better sleeping, hGH production, nervous regrowth, neuro-endocrine restoration, cellular repair, and shaper vision; Elevating of glutathione can reduce the formation of oxidative toxins, such as **Hydrogen peroxide** (H<sub>2</sub>O<sub>2</sub>), associated with oxidative injury and cellular/nervous damage.

However, if you lack of these liver enzymes ( [L-glutamic acid decarboxylase](#), [pyridoxal phosphate](#) , [gamma-glutamylcysteine synthetase](#) and [glutathione synthetase](#)) and amino acids [L-cysteine](#) and [glycine](#), you will get excitotoxicity and brain/nervous damage from your orgasm sponsoring neurotransmitters glutamate, dopamine, norepinephrine, epinephrine and histamine which stimulate the gene over-expression of monoamine oxidase in your brain, liver, kidneys, adrenal glands, heart and other organs for premature ageing, brain and nervous damage, and sexual exhaustion symptoms (as listed in <http://www.actionlove.com/cases/case9848.htm>).

Sexual arousal, ejaculation or orgasm induces a burst of norepinephrine and epinephrine release. For a health person, the norepinephrine and epinephrine release is supposed to stop in few minutes after sex and drops in maintaining the homeostasis. Overall, the norepinephrine and epinephrine level will stay higher for few hours. Norepinephrine and epinephrine can trigger both proinflammatory and anti-inflammatory cytokines and kinases in the immune system via the stimulation of the alpha- and beta-adrenergic receptors. Moderate increase in norepinephrine and epinephrine during and after sex results in increase in the concentration of lymphocytes in the bloodstream for immune enhancement; and the anti-inflammatory cytokines overpowers the side effects produced by proinflammatory cytokines. That is why optimal sex, like moderate exercises, can improve your health and neuroimmune function. However, excessive norepinephrine induces more proinflammatory effects than anti-inflammatory ones, leading to excessive prostaglandin E2 production to set your brain and body on fire - overheating, immune disorder and inflammatory responses. This is what you have to concern about.

To achieve multiple male orgasms, you must have a spontaneous (natural) erection to start with, and then, apply the ballooning method (Natural Penile Enlargement Method) to expand your penis to an extreme size so that the blood pressure inside the penile cylinders can block the nervous communication between the glans and prostate. To achieve this level, you must hold your ejaculation back 3-5 times during lovemaking. Each ejaculation-holding will balloon your penis to a maximum size, under which condition your partner will feel very stimulated. Repeating this penile ballooning procedure several times and following the penile ballooning method given in <http://www.actionlove.com/cases/case7648.htm> your penis will be expanded upto 140% in length, depending on the level of both your testosterone burst/burning and her excitement.

By the way, to hold ejaculation back several times, you must have a hard erection and practice the Sexual ChiKong Intercourse, as described in <http://www.actionlove.com/cases/case2res.htm> and

<http://www.actionlove.com/cases/case7715.htm>

You should learn the [Anal Breathing Method](#) which enable you to channel the sexual energy from you prostate back to your brain, through your tail bone, via your spinal cord and the Governing Vessel of the acupuncture network. You have to periodically contract your tail bone muscle ( to synchronize with each penile stimulation stroke if you are in a sexual act, or each love stroke if you are thrusting her or she is thrusting you.) While a sequence of sexual energy pulses passes through the tail bone, you will feel a sequence of orgasmic(heat ) waves running into your spinal cord up to your brain. This is what the male orgasm without ejaculating is all about! Of course, you can ejaculate at the same time.

For the responses of Sexual Chikong practice from our readers, please read

You may be able to have multiple orgasms without ejaculation (termed as Dry Orgasms) when **your heart pumps at a rate below 100 (75, preferred) beats per minute (this is the most critical factor!)**, the blood pressures are below 150/100, and you breath rhythmically and deeply at about 4 times per minutes (about 15 seconds for a breathing sequence consisting of short step-wise/digital inhaling at a rate of 0.8 second for 5-10 seconds, holding breath for 3-5 seconds, and slowing exhaling for 2-5 seconds ) during intercourse. Heart rate and blood pressure will alternate your brain's sympathetic function associated your ejaculation control. To prolong sex, you must put your brain and heart function in the parasympathetic mode, that is, [let your mind do nothing but guide the circulation of your sexual energy along the Governing and Conception Vessels of the acupuncture network.](#)

**The Key:** Apply a light pressure against your bladder, lightly expand your low abdomen, lightly contract your tailbone muscle between the anus and tailbone at about at a rate of 0.8 second (this is the natural orgasmic contraction rate) **All The Time in the suggested breathing sequence above**; ascend your mind from the tailbone to your rear brain along the spinal cord while inhaling; focus your mind onto the rear brain first and slowly move your mind to your third eye between your two eye bows while holding your breath, and then descend it down to your prostate along your Conception Vessel - the central line of your front body while exhaling. Always keep a slight pressure against your bladder to relax your prostate even when you exhale. **You will feel your tailbone muscle is vibrating during the off-line (non-intercourse) practice - practice it anytime when your body is in relaxation.** During online (intercourse) practice, the vibrating tailbone muscle will pace orgasmic contraction across the anus toward the prostate muscle and penile shaft once the tailbone muscle traps sufficient sexual energy. If you don't know how to practice this advanced Sexual ChiKong, go to read <http://www.actionlove.com/love/chikong.htm> first.

Don't contract the prostate and its surrounding muscles. Instead, relax them. Load your thrusting forces or body tension on your knees, legs, shoulders and hands and contract your tailbone muscles and bend your head/neck backward against your spinal cord to allow sexual energy to flow into your spinal cord via the tail bone from the prostate. The trick is, the tailbone nerve will trap a part of the sexual energy. When Sexual energy elevates at the tailbone nerve over -40 mV, the tailbone autorhythmic fibers induces Orgasmic Contraction which spreads from the tail bone muscle to the penis and the prostate muscle. The orgasmic contraction does not deeply reach the seminal vesicles for induction of ejaculation, even the prostate lightly contracts. Therefore, ejaculation does not occur, but your woman can feel your penis contracting at that moment. She can sense your penile contracting 3-5 times without ejaculating! When your orgasmic contraction occurs, don't move or thrust, but inhale deeply or hold your breath and widely open your eyes to allow your pupils to dilate upon the orgasmic wave pounding your head. If your glans penis is kissing her cervix at the moment (see the central graph of <http://www.actiontao.com/imagen/resonant.jpg>), your contracting penis, acting like a vibrator stimulating her Epicenter/cervix, may induce her orgasm at the same time (Note: if you ejaculate a powerful, hot semen jet when your glans penis is gripped and kissed up by her Epicenter/cervix, she will achieve a powerful orgasm with you!). The feeling is very beautiful for both of you! It is like an orgasm orchestra performed by the uterus and the glans penis. For us, we feel like the bioelectric sparking across the glans penis and the Epicenter/cervix. Therefore, we preserve the bioelectric energy for another orgasm again and again in one love session.

If the seminal vesicles are full of semen, the shallow prostate contraction may pop out one small drop of semen, which would not affect the erection power for continuous lovemaking. That is, your refraction period in re-arming your penis is almost in zero second!

Note: You may fail to achieve this when your prostate tension is high as a result of the excessive dihydrotestosterone (DHT) building up due to an excessive testosterone burning in the prostate tissues. You need DHT in the penile tissues to power up the penis, but you don't want it in the prostate tissues. The excessive testosterone burning occurs when the pituitary produces too much LH (Luteinizing Hormone) and the liver supplies sufficient 5-alpha reductase for burning testosterone. This is also a main cause of young men's premature ejaculation (PE). Contracting the prostate and its muscle to assist erection during sex is the second cause of PE for men of all ages. Blood congestion in the perineum area may cause prostate tension as discussed in <http://www.actionlove.com/love/massage.htm>

**Nervous Excitotoxicity: Amphetamines (speed), Methamphetamine,** or its precursor ephedrine or their cousins stimulate the dopamine and noradrenaline (norepinephrine) for excessive dopamine/norepinephrine-epinephrine conversion although the increased dopamine and norepinephrine function causes the patients' brain to experience a more intense level of concentration, to focus for extended periods of time, and to heighten interest in performing focus based tasks. That is why we call amphetamines "Speed." When you chronically speed up your dopamine-norepinephrine-epinephrine conversion, your brain will be burned out. For the causes and consequences of methamphetamine, please check this link - <http://www.aapsj.org/view.asp?art=aapsj080238> .

Alcohol can open the blood-brain barrier for more drugs or nutrients to get into the cerebrospinal fluid and to exert their effects on the brain and nervous function immediately. Alcohol + amphetamines (or ephedrine) will over-heat the dopamine/norepinephrine/epinephrine and sympathetic nervous function in a short time. Chronic over-heating of the brain and nervous systems will result in exhaustion for all the internal organs.

The main side effects includes aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, Tourette's syndrome, decreased appetite, difficulty falling asleep, stomachache, emotional ability, weight loss, dry mouth, headache, seizures or abnormal brain waves, high blood pressure, irregular cardiovascular output, initially heightened sex but eventually sexual exhaustion and premature ejaculation, even sudden death.

**Warning:** Street drugs and excessive sex are extremely destructive. Both directly or indirectly alternate the gene and enzyme expressions for physiological and psychological disorders (brain/nervous), chronic sleeping disorder (pineal gland gene expression disorder in response to light), and body pains, via the excessive conversion of stress neurohormones norepinephrine and epinephrine from dopamine and its induced over-expression of COX-2 and Protein Kinase C (PKC). These problems are created by chronic tyrosine hydroxylase, dopamine beta-hydroxylase and phenylethanolamine-N-methyl transferase gene expressions while excessive orgasm or ejaculation adds chronic prolactin gene over-expression and oxytocin gene under-expression for severe sexual and orgasmic dysfunctions and chronic exhaustion. It is very expensive to cleanse the brain and nervous systems polluted by the street drugs which alternates or even destroys the gene expression of a nervous receptor or synapse. Parkinson's and Alzheimer's disease are the two most common of a class of diseases associated as neurodegeneration - the brain cells sickness (gene expression disorder) or death. Don't fry your brain and nervous systems by mixing drugs with excessive sex (over-ejaculation or excessive orgasm), where over-ejaculation or excessive orgasm is destructive enough to alternate the gene expression of the dopamine D1 and D2 receptors, Serotonin C2 receptor, GABA A receptors and acetylcholine receptors for psychological disorders and brain damage. A chronic use of street drugs also destroys or damages testicular/ovarian functions for sexual and orgasmic disorder and dries the prostate's seminal production and the vaginal natural lubrication production mechanisms

**Good News:** He said 'I have taken your products periodically for some time and sexual function has improved considerably. Prior to taking your products my libido was almost non-existent. If I did have sex (an orgasm) I was always very exhausted thereafter.' New formula pro-dopamine, pro-acetylcholine, cardiovascular-friendly formulation ViaPal-hGH-V for faster recovery of post-orgasm exhaustion and illness symptoms

==> <http://www.actionlove.com/cases/case15498.htm>

How come there are about 5-10% of sexual exhaustion cases that never recover? cut off testicular arteries by prolactin, norepinephrine and/or epinephrine induced arterial constriction and inflammation for the death of the testicular somatic stem cells.

==> <http://www.actionlove.com/cases/case16681.htm>

**Warning, Warning:** Finally, some conscious researchers want to tell you that high-frequency sexual activity (intercourse, masturbation, overall) may increase risk of prostate cancer as given in <http://www3.interscience.wiley.com/journal/121510647/abstract>. It is not a joke! But, do you believe in them this time since the last time you were told that masturbation can reduce prostate cancer risk (yes, and you got excited by the "good" news which becomes your nightmare now!)? Dr Lin has collected the ill effects (sexual exhaustion symptoms) from Over-masturbation/Over-ejaculation/Excessive Orgasm since 1997 to prove what the 5000-year old Chinese medical text said. Dr. Lin has concluded sex/psychological- induced excessive prolactin, norepinephrine, epinephrine and prostaglandin E2 can cause autoimmune disorders (more reference?), skin disorders, allergy, asthma, and cancerous/tumorous cellular development and locomotion, and ignite negative neuro-immune-reaction, arterial constriction (via the alpha-adrenergic receptors) / inflammatory narrowness and venous constriction for blood-cutoff castration of the hypothalamus-pituitary-testicular axis and heart diseases, and inflammatory responses. Interrupting the stimulation of neurohormones norepinephrine and epinephrine on the beta-adrenergic receptors via the sympathetic nerves (T10-L2) results in the prostate atrophy for spinal-injury men- <http://www.nature.com/sc/journal/v44/n1/abs/3101804a.html> while sympathetic nervous over-excitation of the neurohormones on the prostate causes prostate enlargement and pains. For more information on Cancer, Sex and Stress, please click here - [Stress Increases Prostate \(and Ovarian\) Cancer Risk](#). By the way, if you have been misled to over-masturbation, over-ejaculation (high-frequency ejaculation), or excessive sex, our products can help you get recovery from sexual exhaustion symptoms unless your testicular function was fully castrated by excessive sex.

Over-masturbation/over-ejaculation/excessive-orgasm can castrate your hypothalamus-pituitary-testicular(ovarian) axis by arterial constriction and inflammatory narrowness in your brain and pelvic organs (testicles, prostate, seminal vesicles, penis, ovaries, uterus, vagina and clitoris) due to excessive release of prolactin, norepinephrine, and epinephrine, excessive binding of norepinephrine/epinephrine on the alpha-adrenergic receptors, the norepinephrine/epinephrine induced excessive prostaglandin E2, and the post-sex deficiency of nitric oxide and prostaglandins E1/E3 production. Once your hypothalamus-pituitary-testicular(ovarian) axis is locked (tightened up), you will lack of androgen hormones (DHEA, testosterone or/and DHT) to unlock it. In the good old days, we castrated animal testicles by mechanically tightening up the arteries to the testicles. Over-masturbation, over-ejaculation, excessive sex or/and excessive orgasm produce the similar castration

effects as the mechanical one. To prevent the castration effects, you have to keep your blood flow to your brain and testicles after having sexual activities and experiencing sex-induced stress. The post-sex androgen hormones and oxytocin in your bloodstream or/and residual semen are essential to keep arterial dilation via the nitric oxide and cGMP release from the veagal/parasympathetic nervous endings , as well as the action of the stress hormones norepinephrine and epinephrine on the sympathetic nervous beta-adrenergic receptors where partially blocking the alpha-adrenergic receptors may be required. Also, excessive prolactin, norepinephrine, epinephrine and/or prostaglandin E2 increase the risk of autoimmune disorders.

**Over-Masturbation and Over-Ejaculation (Document 1); [For Document 2, click here](#); [For Document 3, click here](#); For Girls' Over-Masturbation and Excessive orgasm, [Click Here](#); Want to know Why Over-masturbation / Over-ejaculation / Excessive Orgasm are so destructive ? [Please click here!](#) Get [Eye Floater ? \(click here\)](#), or "[Why over-masturbation induces dopamine, cholinergic, serotonin, GABA and norepinephrine/sympathetic nervous disorders for psychological disorders with neuoplasticity - Homosynaptic and Heterosynaptic plasticity](#) <http://www.actionlove.com/cases/case16175.htm>**

Chronic over-masturbation since age 10 gives this 18 years old massive back pains, knee pains, easy to get muscle and joint injuries, poor memory, absentmindedness, premature ejaculation and laziness (slow reaction); can he get recovery by semen retention or reverse the long-term potentiating neuroplasticity?

==> <http://www.actionlove.com/cases/case16502.htm>

Crazy masturbation at 2-3 times a day results in acne outbreak, and then taking acne drug for dry skin/lips, bad mood swing; after treatment, resuming over-masturbation for sympathetic nervous hot flushes, sickness, infection, mood swing, depression, excessively sweating, but cold body and numbed hands and feet, penile numbness, sleeping disorder (insomnia), and poor memory.

<http://www.actionlove.com/cases/case16497.htm>

**What is POIS ( Post Orgasmic Illness Syndrome)? Traditional Chinese Medicine (TCM) terms POIS as Qi (Chi)-Blood Stagnation or Blockage, as parts of Sexual Exhaustion Symptoms**

==> <http://www.actionlove.com/cases/case16665.htm>

**Why ejaculation/orgasm causes his mood swing, anger, aggression, anxiety, stress, fatigue, tiredness... for no more sexual orgasm - On the brain and body chemistry change in response to ejaculation or orgasm.**

==> <http://www.actionlove.com/cases/case13755.htm>

**Chronic Over-Masturbation and over-ejaculation in last 5 years results in persistent sexual arousal (satyriasis), sexual exhaustion, adrenal fatigue and dizziness for no more sexual orgasm**

==> <http://www.actionlove.com/cases/case16745.htm>

**Drug abuse with pot (marijuana) smoking along with anti-anxiety, anxiolytic and antidepressant drugs results in severe head pains, tremors ( parkinson's syndromes), loss appetite, leg pain, testicular and scrotum pains, anxiety, blurred vision, hearing hallucinogenic voices, no erection and no more sexual orgasm**

<http://www.actionlove.com/cases/case16408.htm>

After sexually exhausting his the brain's and internal Hypothalamus-Pituitary-Adrenal (HPA) axis, he has gotten headache and felt death and exhaustion from wet dream, even once a week. Why he felt worse on the 2nd day after ejaculation? He may have to rely on the Cutaneous Hypothalamus-Pituitary-Adrenal (CHPA) function to assist post-ejaculation or post-orgasm recovery.

<http://www.actionlove.com/cases/case15761.htm>

The destructive testing results of over-masturbation from a 17-year-old boy - sexual exhaustion symptoms for no more life and sexual orgasm, including, body pains, arthritis, testicular pain, penile pain, prostate pain, back pain, face pain, gum pain, tinnitus (excessive glutamate and inflammatory hormone prostaglandin E2), headaches, fatigue, anxiety, nightmare, chilliness and shivering attacks, hypothyroidism, hot flashing/fever (premature male menopause), cracking joints, fibromyalgia, impotence, Restless Leg Syndromes (pre-parkinson's disease) and so on.

==> <http://www.actionlove.com/cases/case15655.htm>

Chronic over-masturbating 2-3 times day killed his 18-years-old penis for no more erection and sexual relationship.

==> <http://www.actionlove.com/cases/case15651.htm>

Sexual exhaustion symptoms are still UFO for western doctors and medical societies although the Chinese Sex Bible and medicine documented them 5000 years ago.

==> <http://www.actionlove.com/cases/case15448.htm>

After his acetylcholine/parasympathetic, dopamine, serotonin and GABA nervous system, neuro-endocrine function and liver system has been damaged or blown up by excessive norepinephrine, epinephrine, glutamate, histamine, cortisol, prolactin, prostaglandin E2, or/and excessive Monoamine oxidases (MAO) toxins such as 3,4-dihydroxyphenylacetaldehyde (DOPAL), 3,4-dihydroxyphenylglycoaldehyde (DOPEGAL), hydrogen peroxide (H2O2) and 5-Hydroxyindoleacetic acid (5-HIAA), he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation.

==> <http://www.actionlove.com/cases/case15629.htm>

**Bone Marrow and Sperms:** Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Göttingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years.

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that if over-ejaculation will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis?

**Ejaculatory Frequency and Season Change vs Semen Quality:** according to

<http://www.ncbi.nlm.nih.gov/pubmed/15302284?dopt=Abstract>, Increasing your ejaculatory frequency will drop your sperm concentration, but there is no seasonal variations in sperm concentration, motility, or morphology. Compared with one ejaculation per week, sperm concentration fell 29% with two ejaculations per week, and by 41% with three ejaculations per week. Noticeable, the spring ejaculatory frequency is significantly higher in spring months than the winter's. Note: the pituitary-testicular axis



and the skin endocrine function respond to the seasonal temperature change, and more active in warm weather.

### **Ejaculation Frequency vs. Testosterone Level:**

1. <http://www.ncbi.nlm.nih.gov/pubmed/12659241?dopt=Abstract> - "The purpose of this study is to gain understanding of the relationship between ejaculation and serum testosterone level in men. The serum testosterone concentrations of 28 volunteers were investigated daily during abstinence periods after ejaculation for two phases. The authors found that the fluctuations of testosterone levels from the 2nd to 5th day of abstinence were minimal. On the 7th day of abstinence, however, a clear peak of serum testosterone appeared, reaching 145.7% of the baseline (  $P < 0.01$ ). No regular fluctuation was observed following continuous abstinence after the peak. Ejaculation is the precondition and beginning of the special periodic serum testosterone level variations, which would not occur without ejaculation. The results showed that ejaculation-caused variations were characterized by a peak on the 7th day of abstinence; and that the effective time of an ejaculation is 7 days minimum. These data are the first to document the phenomenon of the periodic change in serum testosterone level; the correlation between ejaculation and periodic change in the serum testosterone level, and the pattern and characteristics of the periodic change." also in [http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
2. <http://www.ncbi.nlm.nih.gov/pubmed/11760788?dopt=Abstract> - "This current study examined the effect of a 3-week period of sexual abstinence on the neuroendocrine response to masturbation-induced orgasm. Hormonal and cardiovascular parameters were examined in ten healthy adult men during sexual arousal and masturbation-induced orgasm. Blood was drawn continuously and cardiovascular parameters were constantly monitored. This procedure was conducted for each participant twice, both before and after a 3-week period of sexual abstinence. Plasma was subsequently analysed for concentrations of adrenaline, noradrenaline, cortisol, prolactin, luteinizing hormone and testosterone concentrations. Orgasm increased blood pressure, heart rate, plasma catecholamines and prolactin. These effects were observed both before and after sexual abstinence. In contrast, although plasma testosterone was unaltered by orgasm, higher testosterone concentrations were observed following the period of abstinence. These data demonstrate that acute abstinence does not change the neuroendocrine response to orgasm but does produce elevated levels of testosterone in males."
3. American population testosterone level dropped about 50 ng/dl for men at around age 64-65 between 2 groups of men born in 1920-1924 and 1930-1934, according to in <http://jcem.endojournals.org/cgi/reprint/92/1/196>. When the 1920-1924 group reached the median age 65, their mean testosterone level was 500 ng/dl; when the 1930-1934 group reached the median age 56 and 64, their mean testosterone was 529 ng/dl and 444 ng/dl, respectively. The 1930-1934 group has a testosterone drop rate at about 10.65 ng/dl per year during ages 56-64. This report also shows that the testosterone drop rate generally becomes faster for the men from 55 to 65. If we use the same annual drop rate of the 1930-1934 group, the extrapolated, averaged testosterone level of 20 year old men born during 1930-1934 should be about 911 ng/dl. Assuming that the mean 20-year old testosterone level for both groups are the same is about 911 ng/dl, the overall-averaged testosterone drop for the 1920-1924 group is about 9.13 ng/dl/year, while the overall-averaged testosterone drop for the 1930-1934 group is about 10.61 ng/dl/year I suspect the higher masturbation/ejaculation frequency in the younger generation after the 60's

sexual revolution resulted in a higher cortisol/ prolactin level (or faster ageing of the hypothalamus-pituitary-adrenal and -testicular axis) accelerates the testosterone drop, since some high-frequency over-masturbation young men experience male menopause (andropause) between ages 20-30.

In addition, semen has high concentrations of potassium, zinc, calcium, magnesium, citric acid, fructose, phosphorylcholine, spermine, prostatic acid phosphatase, free amino acids, prostaglandins and enzymes, which nourish and protect the sperm. Due to the high concentration of Phosphorylcholine in semen, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, you still have to ejaculate to burn the dopamine and testosterone and to induce the prolactin release in the pituitary and retina for some protective and anti-inflammatory hormone 16K-prolactin to cool down the nervous systems, so that you can avoid the side effects of excessive dopamine or testosterone. In this way, you can benefit from sex. Note that testosterone and acetylcholine can excite the dopamine-hypothalamus-pituitary axis and oxytocin release for sex.

Futhermore, **Semen contains a lot of GABA** (

<http://www.andrologyjournal.org/cgi/content/full/25/1/140> ,

[http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1) ) and **beta-**

**endorphin** [http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum) ,

[http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)), both of which are the calm/inhibitory neurochemicals. For a healthy man, ejaculation triggers glutamate-GABA conversion

with the liver enzyme glutamate decarboxylase while glutamine is converted to glutamate by the liver enzymes glutamate synthase and synthelase. In a male rates model, the cerebrospinal fluid(CSF)'s GABA and [Asparagine](#)/glutamate concentration increases 1000% and 200%, respectively, and there is a small decrements in amino acids such as serine, arginine, [Alanine](#) and [leucine](#) (

[http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum) ). If there is a lack of

the liver enzyme glutamate decarboxylase, glutamate in CSF becomes too high and GABA becomes too low. This is why ejaculation causes deficiency of GABA and excessive glutamate for the brain and nervous instability and sympathetic nervous Fight or Flight responses. Semen's GABA and beta-

endorphin in the vaginal and cervix can block the female dopamine, oxytocin and glutamate nervous

excitation in the brain via the pituitary-uterus/cervix vagal nervous pathway, Both GABA and beta-

endorphin also increase the female cerebrospinal fluid's GABA and beta-endocrine concentration right after male ejaculation, leading to calming the female central nervous system and reducing the oxytocin

release. That is why premature ejaculation will disable libido immediately, unless the semen's

prostaglandin E2 and glutamate can continue exciting the clitoral, G-spot, cervix and uterus vagal

nerves. However, semen/CSF's GABA and beta-endorphin can help male and female post-orgasm pains

in the urethra, prostate, bladder, clitoris, vagina, uterus, and tailbone

<http://endo.endojournals.org/cgi/reprint/145/3/1331>. Note: Beta-endorphin is mainly produced by the

hypothalamus-pituitary-adrenal and -testicular/Ovarian axis in response to stress. A sexual exhaustion

person will fail to release sufficient beta-endorphin in help suppress pains. A persistent sexual arousal person lacks of GABA and beta endorphin, but has a high level of glutamate, dopamine, norepinephrine, epinephrine and/or histamine. Obviously, a person with a lack of serotonin, GABA and beta-endorphin will experience severe anxiety, depression, mood swing, de-realization, irrational thinking, irritation, panic responses, premature ejaculation, penile or clitoral over-sensitivity, and pains.

**Extra side effects of Sex and Drugs:** Over-ejaculation, over-masturbation, excessive sex, excessive orgasm or drug abuse can induce brain's arterial inflammation to narrow down the arteries and to constrict the blood flow to the brain. The narrowed arteries in the brain require a high blood pressure to pump blood up to your brain. This results in hypertension, headaches, migraine, blurred vision, gum inflammation, sleeping disorder, and ear ringing addition to brain disorders, body or joint pains and inflammation, liver and kidneys fires, and prostate(uterus/cervix)/bladder/urethra disorders !!!

How to kick the pornography addiction: Reduction of the inflammatory hormone prostaglandin E2 production, Excessive epinephrine and norepinephrine induces inflammatory responses, persistent sexual arousal, and brain/nervous excitotoxicity, and enhancement of the serotonin and GABA nervous modulation and control

==> <http://www.actionlove.com/cases/case15570.htm>

Chronic Over-masturbation at about twice a day during puberty, following by using the erectile drugs PDE-5 inhibitors for impotence, resulted in poor vision, stress, anxiety, mood swing, and hair loss for no more sexual orgasm - you can prove the sexual exhaustion symptoms yourself too! why Not? **Suffering is Believing.**

==> <http://www.actionlove.com/cases/case15310.htm>

Chronic over-masturbation since age 13 retracted 3.5 inches of his penis into his belly (perineum), and downsized his penis from 8.4 inches to 4.9 inches

==> <http://www.actionlove.com/cases/case15642.htm>

The Root of Over-Masturbation/Excessive Sex: Male/Female Persistent Sexual Arousal Syndrome - <http://www.actionlove.com/extra/psas.htm>

LoveLonger can help young men avoid over-masturbation addiction for restoration of sexual orgasm

==> <http://www.actionlove.com/cases/case14813.htm>

He said 'I want you to know that you've helped me over come a bad pornographic habit. I know what you mean you become addicted to that shit. They say that shit is almost like heroin. .... I feel better and have been taking via package J moodax in the morning via growth 3 at noon and dofeibra at night. Erection strength is getting alot better..' Now how to solve the side effects of over-ejaculation and marijuana on the brain disorders: anxiety, stress, insomnia, restless, precum leakage, and ear ringing for better sexual orgasm

==> <http://www.actionlove.com/cases/case15171.htm>

Chronic over-masturbation since age 14 results in thinner hair, weak erection, memory loss, acne, stress, low back pain, premature ejaculation, stomach pains, and some blurry vision. But he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation

==> <http://www.actionlove.com/cases/case15630.htm>

Why a over-ejaculator or over-masturbator can experience craving of sweet or carbohydrate foods after sexual orgasm

==> <http://www.actionlove.com/cases/case15300.htm>

Experiences of sexual exhaustion due to low testosterone: more eye floater, joint and muscle pains, Occipital Neuralgia (pains in the head, neck, shoulder and behind the ears, both sides of head) for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15107.htm>

Post-ejaculation sexual exhaustion symptoms: penile pain, testicular pain, testicle pain, low abdominal pain, pubic pain, erectile dysfunction (curved-down erection), dead mind, loss concentration and memory, and blurred or poor vision for no more sexual orgasm - why and solution

==> <http://www.actionlove.com/cases/case15120.htm>

On the Interaction between his and her orgasms; how often men can have sexual ejaculation orgasm without inducing sexual exhaustion.

==> <http://www.actionlove.com/cases/case14802.htm>

Sex is a most strange, addictive drug without ingredients. Sexual exhaustion symptoms won't let him be unhooked - no sexual orgasm

==> <http://www.actionlove.com/cases/case14218.htm>

why ejaculation or orgasm can induce sleeping disorder( insomnia ) , hot flashes and mood swings - solution.

<http://www.actionlove.com/cases/case15054.htm>

Over-masturbation ruined his health and led to excessive prostaglandin E2 production for persistent sexual arousal and more masturbation for no sexual orgasm. How to regain control of masturbation habit.

==> <http://www.actionlove.com/cases/case15236.htm>

Chronically over-masturbating 3-7 times a day from age 12 to 19 for erectile dysfunction, destruction of testicular and adrenal function (extreme low testosterone level), and woman-wild-ride fracture, ultimately resulted in penile deformation, shrinking from 9 inches to 5 inches for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15213.htm>

His experience on Over-masturbating 1-2 times a day since age 12, 'My symptoms include....dizziness...heart palpitans...wheezing when i breath sometimes..but when i stop for about 1 month the symptoms get better..Why do all doctors say, its totally normal, do it as much as you like?' for no sexual orgasm

==> <http://www.actionlove.com/cases/case15089.htm>

He can not get recovery from sexual exhaustion by simply stopping ejaculation

==> <http://www.actionlove.com/cases/case14776.htm>

Chronically over-masturbating 2-3 times a day since age 13 destroyed dizziness, fatigue, tiredness, blurry vision, sore muscles, weakness, drowsiness, yawning, watery eyes, memory loss, low back pains, and light headedness for no more sexual orgasm. Why the high-tech medical instrumcments such as CT Scan, MRI, and hearing tests found nothing wrong!

==> <http://www.actionlove.com/cases/case14709.htm>

Solution for post-ejaculation/post-orgasm exhaustion symptoms (irritability, anger, mood swing, muscle stiffness, fatigue, stress, tiredness...) - for restoration of sexual orgasm.

==> <http://www.actionlove.com/cases/case14512.htm>

Over-masturbating twice a day during 13-18 years old gave this 24-year old man a 2-3 days refraction (recovery) time, like a 50 years old man have, for no sexual orgasm

==> <http://www.actionlove.com/cases/case14236.htm>

Over-masturbation/Over-ejaculation and long-term non-orgasm semen retention are two extremes for no sexual orgasm!

==> <http://www.actionlove.com/cases/case14184.htm>

Over-masturbation caused his 15 years old brain and body for severe anxiety, pains in testicles / back / tailbones, and no more sexual orgasm, but pains

==> <http://www.actionlove.com/cases/case14077.htm>

Chronically over-masturbating 3-6 times a day turned his 19-year old hypothalamus-pituitary-testicular function to be 70 years old for no more sexual orgasm.

==> <http://www.actionlove.com/cases/case14151.htm>

Chronic Over-masturbation resulted in bladder irritation, urethral tenderness / soreness, persistent sexual arousal with inflammatory pains, excessive precum leakage, IBS, fatigue, and body pains for no sexual orgasm. Again, why his doctors and drugs couldn't solve his sexual exhaustion symptoms.

==> <http://www.actionlove.com/cases/case14071.htm>

Factors causes male and female over-masturbation for self sexual abuse and no sexual orgasm

==> <http://www.actionlove.com/cases/case13729.htm>

Male Persistent Sexual Arousal Syndrome due to Excessive Prostaglandin E-2 release is responsible for over-masturbation and no enjoyable sexual orgasm <http://www.actionlove.com/cases/case13556.htm>

Warning: why sexual exhaustion symptoms can not be solved or detected by whatever doctors, psychologists or high-tech medical toys - no more sexual orgasm!

==> <http://www.actionlove.com/cases/case13448.htm>

Chronically Over-masturbating 3 times a day resulted in memory loss for no more sexual orgasm, but his doctors still wants to do it. Again, why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case14043.htm>

His Chronic Over-masturbation experiences for sexual exhaustion symptoms - of course, no more sexual orgasm. Why this young man can not get a recovery from sexual exhaustion

==> <http://www.actionlove.com/cases/case13983.htm>

He experienced over-masturbation induced sexual exhaustion symptoms for no sexual orgasm; why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case13808.htm>

He said 'i had a spontaneous erection with my girlfriend last night and it seemed to be

powered up straight away with me just kissing her and that's it. my girlfriend commented on how huge it had become it felt more harder and it was thicker around the shaft . ' with our DopaFibra and ViaGrowth-IV; On safety of multiple ejaculations in one love game.

==> <http://www.actionlove.com/cases/case11185.htm>

He said ' I have been taking your Viapal C for a month and a half now at the heaviest dosage - want to get better quicker! ... I feel that my addiction to masturbation has been cured thanks to you! ' for regulation of sexual orgasm !

<http://www.actionlove.com/cases/case13232.htm>

Chronic over-masturbating 7-8 times a day shut down his 25 year old hypothalamus-pituitary-testicular axis for penis and testicles shrinkage (75-80%), muscle loss, memory loss, and no libido for no more erection or sexual orgasm

<http://www.actionlove.com/cases/case13320.htm>

**Problems associated with Over-Masturbation and Over-Ejaculation (Document 1); For Document 2, click here; For Girls' Over-Masturbation and Excessive orgasm, Click Here; For ejaculating blood, click here or Male Ejaculation/Orgasm and Semen Production disorders, click here or Sexual Destruction by Marijuana (click here) or other Street Drugs (click here.)**

**The result: Sexual Exhaustion - What? Why? and How? Over-ejaculation melts down the acetylcholine/parasympathetic nervous functions first and then the liver functions that release essential enzymes for the syntheses of the neurotransmitters acetylcholine, dopamine and serotonin and the chains of hormone production; it causes the brain and adrenal functions to perform excessive dopamine-norepinephrine-epinephrine conversion and turn the brain and body functions to be extremely sympathetic. It results in the brain's and nervous dysfunctions, stress, anxiety, impatience, eye floaters or fuzzy vision, buzzing (noisy) ears, cardiovascular irregularities, urinary incontinence, male and female "prostatitis," weak kidney functions, pain or cramp in the pelvic cavity or/and tail bone, weak muscles or ligaments, and so on. The solution is to take the jump-start formula ViaPal-hGH-E (3-011) or ViaPal-hGH-M (3-014) which powers and restores the brain's acetylcholine/parasympathetic, dopamine and serotonin, reduces the stress hormone level or sedates sympathetic nervous function, and partially block the sympathetic alpha receptors. Please read the following cases for more!**

**Penile Enlargement Exercises, Weight Lifting, Bending Or Stretching with extreme forces for Penile Damage and Collagenization ([Click Here for Natural Penile Rejuvenation from Damage;](#) or [Click Here for Natural Penile Rejuvenation and Repair](#))**

We know you will stupidly beat up your penis for Inflammation (Swelling), Collagen-Scarring and Destruction of erectile nerves/tissues and blood vessels, in the name of Penile Enlargement. No joke! There is no muscle in your penis!! Your initial damage is in the [tunica albuginea sheathing spongy corpus cavernosa and Corpus Spongiosum](#) !! For solution of penile damage, please click here to save your penis (Thank You! Your penile enlargement exercises help us grow our business; that is, after shrinking or damaging you penis with penile enlargement exercises, stretching or pumping, you will enlarge your penile veins, and then, of course, our bank account in order to save your penis and love life!! Here is how!)

Chronically inflammatory damage of the erectile tissues by mechanical stretching, bending, vacuum pump or vibrating forces will stimulate collagen protein release and activate the transformation growth factor beta-1 and -2 genes for scar development, in particular under stress or a lack of hGH and beta endorphin. If you scarred your erectile tissues, nerves and blood vessels in your penis (or clitoral and G-spot), you have to rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. The solution is: improve your blood flow down there, upgrade your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth!

Modulation of type I and type III collagen production in normal and mutant human skin fibroblasts by cell density, prostaglandin E2 and epidermal growth factor -  
[http://www.ncbi.nlm.nih.gov/pubmed/6295694?log\\$=activity](http://www.ncbi.nlm.nih.gov/pubmed/6295694?log$=activity)

Chronic inflammation will promote tissue scarring (penile exercise induced inflammation will destroy the erectile tissues with excessive collagen proteins that harden the penile erectile tissues, nerves and arteries):

Role of Cytosolic Phospholipase A2 in Prostaglandin E2 Production by Lung Fibroblasts  
<http://ajrcmb.atsjournals.org/cgi/reprint/30/1/91>

**Penile damage risk factors:**

PGE1 suppresses the induction of collagen synthesis by transforming growth factor-beta 1 in human corpus cavernosum smooth muscle.

<http://www.ncbi.nlm.nih.gov/pubmed/7861547>

Cyclic AMP modulates TGF-beta 1-induced fibrillar collagen synthesis in cultured human corpus cavernosum smooth muscle cells.

<http://www.ncbi.nlm.nih.gov/pubmed/9788104>

Stretch-induced collagen synthesis in cultured smooth muscle cells from rabbit aortic media and a possible involvement of angiotensin II and transforming growth factor-beta.

<http://www.ncbi.nlm.nih.gov/pubmed/9588872>

Stretch-induced proliferation of cultured vascular smooth muscle cells and a possible involvement of

local renin-angiotensin system and platelet-derived growth factor (PDGF).

<http://www.ncbi.nlm.nih.gov/pubmed/9328803>

Angiotensin II stimulates collagen synthesis in human vascular smooth muscle cells. Involvement of the AT(1) receptor, transforming growth factor-beta, and tyrosine phosphorylation.

<http://atvb.ahajournals.org/content/19/8/1843.full.pdf+html>

Effect of elastic fiber alterations in the tunica albuginea of the penis on erectile function of diabetic rats

<http://www.ncbi.nlm.nih.gov/pubmed/17425970> or

<http://www.j-smu.com/pdf2/200703/200703276.pdf>

Transforming growth factor beta 1 stimulates type V collagen expression in bovine vascular smooth muscle cells.

<http://www.jbc.org/cgi/pmidlookup?view=long&pmid=8144547>

Phenotypic modulation of corpus cavernous smooth muscle cells and its influencing factors

<http://www.ncbi.nlm.nih.gov/pubmed/20369559>

Transforming growth factor-beta 1 and the development of vascular hypertrophy in hypertension.

<http://hyper.ahajournals.org/cgi/pmidlookup?view=long&pmid=9535425>

**Penile Enlargement essentials:** the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongiosum to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP) and DHT.

**Penile Busters:** Excessive stressors epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the tunica albuginea and its sheathing spongy corpus cavernosa for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage will induce collagen scarring of the erectile tissues. You have to think 3 times before doing penile exercises - stretching, bending or pumping your penis. You should read the following articles first. If you don't believe it, please go to the



[Historical Lessons](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation) session, although historical lessons told us you don't believe the historical lessons. When history repeats itself, we will have no choice, but profit your penile exercise damage! Are you ready for penile enlargement exercises????? OK. please read this link before torturing your penis - [http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list\\_uids=10962334&dopt=Citation](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation)

**Skin is a Peripheral Neuroendocrine organ. This is why penile ballooning can help your penile skin and tissues convert DHEA and testosterone into DHT, and omega-3 and -6 into prostaglandins E1/E2/E3, for growing your penis when** the penile bloodstream contains enough hGH (human Growth Hormone) or factors, oxytocin, and sufficient enzymes such as 5-alpha reductase and COX-1/2 for the hormone or biogenic amine productions under the powerful sympathetic nervous action and stimulation on the adrenergic beta receptors in the penis. Penile milking, jelqing, stretching, pumping and clamping can kill the penile **Peripheral Neuroendocrine function.**

He said 'Your products for 5 months know and I feel much better, my erections are getting stronger and with higher angle then it was before.' and got recovery from his penile damage for better sexual orgasm

==> <http://www.actionlove.com/cases/case15168.htm>

He said 'My penis became a lot more numbed, in one night 4 years ago, because of sleeping with a lengthening device. I took your pills before, and it had many positive effects, ..' Repair the penile nervous damage induced by the penile extender lengthening device

==> <http://www.actionlove.com/cases/case16453.htm>

**Jelqing injury - no Corpus Spongiosum and glans inflation, no spontaneous and nocturnal erections - due to hardening of erectile tissues by collagen proteins as a result of increasing the collagen-erectile tissue ratio.**

==> <http://www.actionlove.com/cases/case16536.htm>

**Jelqing penile exercises ruined his erection and love night for no sexual orgasm**

<http://www.actionlove.com/cases/case16768.htm>

**A chronic over-ma**

**jelqing penile enlargement exercises give him erectile dysfunction and premature ejaculation.**

==> <http://www.actionlove.com/cases/case16742.htm>

**Rejuvenate penile damage due to cock ring constriction or/and penile pump over-expansion, with release of hGH, prostaglandins E1 and E3, nitric oxide and Transforming growth factor beta-3**

==> <http://www.actionlove.com/cases/case16734.htm>

**3-year manual penile enlargement has grown his flaccid penis, but experienced erectile dysfunction, killed spontaneous erection, and retracted his erectile penis into his body - due to the change of erectile-collagen tissue ratio.**

==> <http://www.actionlove.com/cases/case16535.htm>

Dick damage by an intense stretching exercise - collagenization of the penile nerves, arteries and erectile tissues for weak erection and no more orgasm

==> <http://www.actionlove.com/cases/case16836.htm>

Over-masturbation, penile enlargement jelqing exercises, and PC muscles exercises result in penile

injury, weak erection, premature ejaculation and no spontaneous erection at age 21

==> <http://www.actionlove.com/cases/case16675.htm>

Penile weightlifting exercises resulted in urinary stinging pain

==> <http://www.actionlove.com/cases/case16561.htm>

Practicing penile enlargement jelqing exercises with Over-masturbation results in scarring penile erectile tissues, nerves and blood vessels

==> <http://www.actionlove.com/cases/case16669.htm>

Penile jelqing stretching exercises results in penile damage, leading to erectile dysfunction.

==> <http://www.actionlove.com/cases/case16525.htm>

Penile enlargement jelqing exercises numb and bend his penis for no sexual orgasm

==> <http://www.actionlove.com/cases/case16513.htm>

3-week penile enlargement exercises gave him erectile dysfunction, bruises, fracture and bending for no more sexual orgasm

==> <http://www.actionlove.com/cases/case16442.htm>

Penile enlargement exercises, weightlifting and stretching damaged his penis, resulting in penile pain.

==> <http://www.actionlove.com/cases/case16422.htm>

Chronic over-masturbation at young age resulted in hair loss, retarded growth, premature ejaculation and a hypersensitive glans

<http://www.actionlove.com/cases/case16406.htm>

Penile enlargement exercises resulted in penile shrinkage with lost damage for the post traumatic soft glans and no more erection.

==> <http://www.actionlove.com/cases/case16385.htm>

jelqing penile enlargement exercises with PC exercises induced penile burning penis for no more erection and sexual orgasm

==> <http://www.actionlove.com/cases/case16253.htm>

Penile enlargement stretching device damages and shrinks his penis for erectile dysfunction and no more sexual orgasm, even PDE-5 inhibitor erectile drug won't work.

==> <http://www.actionlove.com/cases/case16363.htm>

He became impotent at 26 due to stretching exercises/penile weight lifting/penile pumps, and has experienced depression, stress, body heat, anxiety, panic disorders, sleeping disorder, cold hands/feet, asthma, ear ringing, heart racing, difficult breathing, short breathing, suicidal thought, in particularly after masturbating.

<http://www.actionlove.com/cases/case16215.htm>

Penile jelqing enlargement exercises gives him penile pain!

==> <http://www.actionlove.com/cases/case16336.htm>

Good Old Days Sexual exhaustion causes persistent body pains, patellar tendinitis (knee pains, ankles aches, buzzing ears, eye floaters, depression, anxiety, broken penis by CowGirl wild ride, jelqing penile damage, premature ejaculation, hair loss, weak erection (going limp), penile shrinkage and ADD, even if you cut down sexual frequency.

==> <http://www.actionlove.com/cases/case16170.htm>

Pornography addition, pre-puberty over-masturbation, penile exercises, and weight lifting stressed his hypothalamus-pituitary-adrenal and -testicular axis for sexual exhaustion symptoms: weak erection,

premature ejaculation, penis shrinkage, prostate pain, semen deficiency, penile bending, blurry vision, post-sex headaches, urethral pain and semen leakage

==> <http://www.actionlove.com/cases/case16197.htm>

2- month Jelqing penile enlargement causes his erectile dysfunction

==> <http://www.actionlove.com/cases/case16109.htm>

Penile pumping and penile exercises causes inflamed thrombosed vein, weak erection, and weak ejaculation; chronic over-masturbation during age 14-21 results in depression, procrastination, sexual addiction (persistent sexual arousal), memory loss, no concentration, cloudy mind and frequent urination.

==> <http://www.actionlove.com/cases/case16039.htm>

Jelqing penile enlargement exercises enlarges his penile and testicular veins and gives him testicular pains

==> <http://www.actionlove.com/cases/case15960.htm>

Drug abuse (methamphetamine, marijuana and alcohol) and over-masturbation result in severe depression, social anxiety, body pains, buzzing ears, eye floaters, dizziness, memory loss, persistent muscle tremors (parkinson's disease), severe ADD, penile numbness, prostate pain, hypertension, masturbation addiction (persistent sexual arousal), penile deformation and no more orgasm; Penile enlargement exercises, jelqing and stretching hardened his erectile tissues for no more erection.

==> <http://www.actionlove.com/cases/case15837.htm>

A penile enlargement exercise and stretching victim said ' Let the people watching your webpage be te wise, and stay away from bogus enlargement techniques that could kill the most precious part of our body.'Chronic over-masturbation induced Female ejaculation without sexual orgasm

<http://www.actionlove.com/cases/case15123.htm>

The similarity between the penile jelq-induced damage and heart failure as a result of increased collagen synthesis for no more sexual orgasm - A special Penile Enlargement advice

<http://www.actionlove.com/cases/case14906.htm>

The role of DHT, prostaglandins E-1/E-2/E-3, and Nitric Oxide in the penile (clitoral) enlargement for more sexual orgasm

<http://www.actionlove.com/cases/case13917.htm>

Penile stretching exercises resulted in poor low body blood circulation, penile nervous damage and erectile dysfunction for no more sexual orgasm! OK, healing with prostaglandin E-1 and Nitric Oxide!

<http://www.actionlove.com/cases/case14274.htm>

Solution for multiple penile/prostate/bulbourethral damage due to penile enlargement jelqing and PC muscle exercises for premature ejaculation (3 sec after penetration!), frequent urinary urgency, penile bending, random prostate/PC muscle spasms, severe precum flooding, varicose veins, cold glans, impotence, penile sensationless, and no more sexual orgasm

==><http://www.actionlove.com/cases/case14734.htm>

**The historical lessons of Penile Exercises: No Joke! Only a stupid man will beat up his penis for no more sexual orgasm in the name of penile enlargement! If you hate your penis so much, why not simply chop it off!**

**Warning: You have one and only one penis. If you screw it up, you are about to end your love life, physically and psychologically! You don't have to kill or torture your penis for enlargement by inducing**

COX-2 expression for penile tissue/blood-vessel/nervous inflammation with a protein collagen release for penile scar formation inside the penile erectile tissue! Particularly, don't pull your glans penis or hang a weight on it since it is the external ending of the fragile Corpus Spongiosum which embeds the thin, hollow urethral tract that connects the prostate and bulbourethral glands (please read <http://www.actionlove.com/image/abrasion.jpg> or <http://www.actionlove.com/image/fig6-17b.jpg> ). Pulling the Corpus Spongiosum with a force will damage the nerves in your urethra, bulbourethral glands and prostate for erectile dysfunction and premature ejaculation with a flooding of precum discharged from your bulbourethral glands or with a frequent semen leakage when you get excited. It may also damage the connection tissue between the Corpus Spongiosum and the Corpora Cavernosa, resulting in penile deformation. If you damage any erectile spongy tissue and blood vessels, your penis will shrink and deform and you will get penile vein enlargement , varicose and spider veins & chronic venous leakage (valve damage!); if your stretching or bending force damages (inflames) your prostate and urethra, you will experience urination sensation. Remember that the mechanical penile enlargement negatively affects the tissues, nerves and blood vessels in the urethral, bulbourethral glands and prostate too when the local tissues can not produce enough prostaglandins E-1/E-3 and NO to support the mechanical stress and strain! **If you damage any one of them, you will need a long-term penile repair with [ViaPal-hGH-P \(or ViaPalhGH-J for young men\)](#), [PinealTonin](#), [L-Arginine \(500 mg 3 times day\)](#) (new product [ArgiNOx](#)) and [Fish/Borage Oil \(1000 mg with each meal\)](#) in boosting the prostaglandin E-1/E-3 and Nitric Oxide for healing and rejuvenation.**

### **The historical lessons of Penile Exercises for no sexual orgasm. -**

<http://www.actionlove.com/cases/case13503.htm>

The fact is that there is no muscle in the penis for you to exercise. When your penile spongy tissue produces insufficient Prostaglandin E-1, your penile tissue, nerve and blood vessel become inelastic or inflexible. Under this condition, the strain induced by your penile exercises , stretching or bending will stimulate the tissue to stimulate fibrogenic cytokine over-expression. Fibrogenic cytokine will stimulate collagen release for the scar tissue and fibroblast cells to grow over the damaged erectile tissue, leading to the erectile nervous dysfunction and the restriction of the penile blood flow in addition to damaging your penile nerve and blood vessel. Only prostaglandin E-1 and Nitric Oxide can help dissolve the collagen scar and restore nerve and blood vessel. Frequent abrasion of the penile tissue will also trigger the over-expression of enzyme COX-2 for an excessive production of the harmful prostaglandin E-2 and an over-expression and release of histamine in the tissue. Prostaglandin E-2 will inflame, but not enlarge, your penis after you beat up your penis for a few days, and then killed your testicular function and manhood! Therefore, if you damage or abrade the delicate penile spongy tissue and nervous fiber or ending, your penis will deform and weakly erect, or even lose your erection. Your penis is your 2nd head. Don't damage your heads.

**He said ' I have tried most of you advices on orgasm and they work!' How about Penile enlargement exercises? increase the elasticity of the erectile tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa first. Penile ballooning is a friendly penile enhancement method for sexual orgasm**

## **Penile Enlargement - The Penile Ballooning Method (you should also have to know how to screw up your penis?) or Examples, More Examples, or More and More Examples**

News Reports: [Penile Pumping](#) and [Penile Exercises](#) or you like this link [the penile enlargement examples!!!!](#)

Enlarge Your penis?

Yes! it is possible! The best time for self practice of penile ballooning is in the morning upon wakeup and still in the bed when the bloodstream contains a high level of androgen hormones and HGH without external stress. Generally, you can practice penile ballooning in any positions; a supine or sitting relaxation position is better than a standing position although I usually prefer a semi-squatting (horse-riding) position with a body-weight loading on the leg muscles and joints. However, jumping out of bed or standing up may result in quickly going limp by redirecting the blood flow from your penis and testicles to your skeleton muscles and joints to support the body weight for some androgen-deficient men. In this regard, he will have to boost androgen hormone level first. Spontaneous erection is essential to penile ballooning. Natural spontaneous erection can occur when androgen hormones, HGH, and dopamine function run high without external stress upon the morning wake up, and when oxytocin (requiring a dopamine nervous burst) runs high with stress hormone norepinephrine acting on the sympathetic nervous beta-adrenergic receptors during lovemaking with a testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively. Both occasions are the best time to practice penile ballooning. However, HGH is essential to activation of the stem cells in the erectile tissues for regrowth with prostaglandin E-2 while release prostaglandins E1 and E3 and nitric oxide are necessary for penile tissue and nervous relaxation and flexibility. All the chemistrial factors are to activate gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3) for fine-tuning or suppressing pain and inflammatory responses as well as for avoiding collagen protein release that leads to scarring penile erectile tissues, nerves and blood vessels for deformation and erectile dysfunction as common results of mechanically penile stretching, pumping and weightlifting. Excessive prostaglandin E2 and stress hormone norepinephrine are the common factors for stimulation of the collagen protein release. Don't be fooled by temporary penile tissue inflammation due to excessive prostaglandin E2 and stress hormone norepinephrine as penile enlargement. It is a sign of penile tissue hardening for erectile dysfunction.

OK. here is my Penile Ballooning secret:

*Step 1: Have a spontaneous erection.*

*Step 2: Stimulate the vagal nerves in the pubic bone (pubis) and superior side of the penile shaft to continuously maximize the erection for expansion from the initial spontaneous erection to the 2nd or 3rd stage erection. This vagal stimulation is to power up the dopamine-hypothalamus-pituitary axis for promoting the NOergic and oxytocinergic nervous function that drive both the parasympathetic and sympathetic beta-adrenergic nervous erectile mechanism. You also need sufficient androgen hormones, with serum testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively, for an initial erection, and 600 ng/dl and 60 ng/dl, for a sustaining erection. Spend about 5 minutes in this step.*

*\*\*\* Note: Intercourse with Dr. Lin's [3-point excitation love position](#) is the most effective way for stimulating the vagal nerves in both the pubis and the superior side of the penis. Or, use [the high-attack angle love position](#) can provide a powerful stimulation for the superior side of the penis. Alternating both love positions can increase the penile size by intercourse itself. That is, you can use the vagina to balloon your penis! Both love positions also stimulate the women's vaginal nerves from the clitoris, G-spot and Epicenter (the superior side of the cervix and the vaginal anterior fornix) for women to achieve a powerful orgasm.*

*Step 3: Compress or squeeze the penile shaft the force the blood toward the glans for internal erectile tissue expansion and promote prostaglandins release. Spend about 2 minutes in this step.*

Step 4: Massage your testicles to increase your testicular function. Spend about 1 minute in this step.

Step 5: Repeat step 2-4 until you are about to ejaculate; then pull down your scrotum and testicles and slightly pinch both groins and penile shaft to induce endorphin to knock ejaculation urgency. Spend about 1 minute in this step.

Step 6: Repeat Steps 2-5 for 3-5 times, for about 20-30 minutes.

You can not do penile ballooning without a spontaneous erection and you also have to last for 20-30 minutes without ejaculating.

#### **Important notes for Dr. Lin's Penile Ballooning Method:**

Rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. That is, have a frequent spontaneous, long-lasting erection to upregulate your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the penile somatic stem cells, boost the release of beta endorphin, and activate the genes cyokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth! Please read the following links first:

On superior penile size and growth for sexual orgasm and the limitation of the erectile angle with penile size - the cantilever beam theory and the deflection induced tissues scarring

==> <http://www.actionlove.com/cases/case16713.htm>

hGH, DHEA, testosterone and DHT in conjunction with Nitric Oxide and prostaglandins can reactivate penile adult (somatic) stem cells for penile enlargement and regrowth- of course, more sexual orgasm

<http://www.actionlove.com/cases/case16550.htm>

DHT is essential to penile regrowth. Penile ballooning increases prostaglandins and nitric oxide release to sensitize the androgen receptors for DHT action.

<http://www.actionlove.com/cases/case16813.htm>

Penile Enlargement essentials: the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP), and DHT in conjunction with stimulation of hGH. Penile or clitoral/G-spot ballooning will also stimulate syntheses of opioid peptides, such as such as enkephalins and endorphins, in the central and peripheral nervous system, local neurons, endocrine cells, cells of any internal organs, immune cells,

nociceptive nerve endings, keratinocytes, monocytes/macrophages and B and T lymphocytes. The released beta endorphin will decrease penile sensitivity and even numb the penile surface skin, sub-layer nerves and the urethral tract when the penile erectile tissues expand to the extreme in the 2nd or 3rd stage erection. The endogenous opioid peptide beta endorphin interacts directly with opiate receptors in the penis and testicles and located on immune cells and nociceptive nervous terminals for fibroblast proliferation and growth of capillaries in addition to fine-tuning or suppressing pain and inflammatory responses, by activating gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3). A powerful orgasm also elevates the beta endorphin level in the blood stream. Ballooning your penis into the extreme, in which state you feel semi-numbed and your penis is about to explode, can prolong your sexual intercourse, and then, after all, have a powerful orgasm that induces another surge of beta endorphin release into your blood stream to assist penile regrowth. Noticeably, only a power orgasm that lets you experience instantaneous body numbness, in addition to penile numbness, indicates a surge release of beta endorphin. Both my and I experience this phenomenon once a while. For women, a ballooned clitoris will be looked like a cherry after achieving a powerful body-shaking and numbing orgasm.

that androgen hormones testosterone and DHT are responsible for penile enlargement and size. The studies conclude that androgen hormone regulate trabecular smooth muscle growth and connective tissue protein synthesis in the corpus cavernosum, responsible for stimulating differentiation of progenitor cells into smooth muscle cells and inhibiting their differentiation into adipocytes. Androgen deficiency reduces the smooth muscle cells, stimulates the collagen release for scar tissue development, and increase the ratio of the collagen-to-smooth muscles and hardening the erectile smoothing tissues. nerves and blood vessels, resulting in venous leakage and erectile dysfunction. It also harden the heart and arterial smooth muscles too.

**Can you grow a big penis with a high DHT level while retaining your hair? Yes, you can increase your DHT level and reduce your stress hormone release to achieve it. This is what innocent, puberty teenagers get - growing their penis with a peak of DHT surge and having full hair. Once the kids lose their innocence, they start to experience stress and hair loss. Please also read this articles:**

**CRF Receptor Antagonist Astressin-B Reverses and Prevents Alopecia in CRF Over-Expressing Mice** - <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0016377>

Comments: This is a very interested research report! It proves our conventional belief that stress causes hair loss and graying and skin-color alternation. Reducing stress can stop hair loss, regrow hair and restore cause normal skin/hair pigmentation.. The Corticotropin-releasing factor receptor blocker won't reduce the cortisol level, but may cause deficiency of norepinephrine, leading to poor memory, neuroimmune disorders, pituitary functional disorders, and sympathetic nervous erectile dysfunction.

Neuroimmunology of stress: skin takes center stage -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2232898/pdf/nihms38083.pdf>

**About DHT effect on sexual differentiation and penile growth:**

"Paternity by Intrauterine Insemination with Sperm from a Man with 5 $\alpha$ -Reductase-2 Deficiency"

<http://www.nejm.org/doi/pdf/10.1056/NEJM199704033361404>

states: "At the age of 34 years, penile length (stretched) was 3.5 cm, with a circumference of 7 cm. He was treated once daily with 25 mg of dihydrotestosterone cream administered topically as 1/4 teaspoon of 2 percent dihydrotestosterone in cold-cream base just above the pubic area. After five months of this therapy, the penile length (stretched) was 6.5 cm, with a circumference of 6 cm. After treatment with

two daily applications of dihydrotestosterone cream for three months, the stretched penile length was 7.5 cm and the circumference was 6.5 cm. Hair growth on the chin, upper lip, and abdomen along the linea alba increased progressively during the eight months of treatment." .."In men who were not treated in childhood, topical dihydrotestosterone therapy may also stimulate penile growth after puberty."

"Male pseudohermaphroditism due to steroid 5alpha-reductase 2 deficiency. Diagnosis, psychological evaluation, and management"

<http://www.ncbi.nlm.nih.gov/pubmed/8606628?dopt=Abstract>

States: "Treatment of the prepubertal boys with testosterone and/or dihydrotestosterone resulted in a doubling of penis size."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC425320/?tool=pubmed>

However, when the DHT level is too high, it may downgrade the androgen receptors in the penis and upgrade them in the prostate. That is a bad news for administration of DHT to the normal men with a upper high DHT level, as given in <http://www.ncbi.nlm.nih.gov/pubmed/2301571> Thus, that is why you need help from penile ballooning. Penile ballooning can help normal men to stimulate the prostaglandins and nitric oxide release in the penile tissues to increase the binding of DHT into the penile receptors while stimulating the testicles to release more at the same time.

**Conservation of semen for penile enlargement - although a long-term semen/sperm retention may reduce the testicular testosterone and DHT output , but don't fully empty your seminal vesicles every time you practice sex! Here is why!**

Semen contains human growth hormone, Insulin-like growth factor-I, alpha2-macroglobulin, testosterone, and other therapeutic and pharmaceutical proteins. Don't fully empty your seminal vesicles. Keep some semen to help you get recovery and grow your penile erectile tissues and cells even after ejaculation. This is very critical for penile enlargement practices.

Pre-puberty overmasturbation may limit the body and penile growth. Vasectomy can significantly drops hGH and testosterone at about 30-60% and 25-53%, respectively, in seminal plasma.

Note: Chronic stimulation of sex organs can lead to over-production of  $\alpha$ -MSH and Trapping excessive  $\alpha$ -MSH in certain areas of skin results in extra skin darkness, particularly in eye cycles, labia minors, penile and clitoral foreskin, and perineum if the local skin neuroendocrine function is working. Abrasive the skin in sex organs may scar the tissues with excessive release of collagen protein and Transformation Growth Factor Beta-1 and/or Beta-2.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693363/pdf/15293811.pdf>

**Special Note for Male Orgasm Control, applicable to Penile Ballooning and prolonging sex -**

Orgasm /ejaculation is triggered by the sympathetic nervous acting potential (voltage).

The acting voltage = the DC biased voltage + the pulsing voltage produced by sexual stimulation.

If you elevate your DC level but limited or clipped the pulsing amplitude, you can hold the near-ejaculation plateau very long without triggering ejaculation.

Elevating the DC potential can be done by increasing the acetylcholine level in the nervous systems and the nitric oxide release in the muscular endings of sex organs; limiting/clipping the stimulating pulsing amplitude can be achieved by elevating the serotonin and GABA nervous modulation in the adrenal medulla and interneuron synapses, enhancing the prostaglandin E-1 modulation on the sensory



nerves in the muscular endings of sex organs, and reducing the prostaglandin E-2 level in muscular endings of sex organs.

**Penile Busters:** Excessive stressors norepinephrine, epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the *tunica albuginea and its sheathing spongy corpus cavernosa* for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage, including penile enlargement stretching, jelqing, weightlifting, penile pumping, cock ring use, over-bending, over-masturbateion, and so on, will induce collagen scaring of the erectile tissues, by stimulating release of inflammatory hormone prostaglandin E2 and collagen protein, in conjunction with activating Transform Growth Factor Beta-1 and -2 gene expression in repairing the damaged tissues. That is, chemically or mechanically induced Transform Growth Factor Beta-1 and -2 gene expression will harden your penile erectile tissues, nerves and blood vessels, leading to penile shrinkage or deformation.

Penile Enlargement stretching and jelqing with Kegel/PC muscle exercises have damaged his penis and gave tingling pain around the groins, penile shaft and testicles, deformed the penis into an hour-glass shape for erectile dysfunction and anxiety. Why does repetitive damage by penile Penile Enlargement stretching and jelqing turn the erectile tissues into scars?

<http://www.actionlove.com/cases/case16706.htm>

Finasteride killed his liver and testicular function for penile shrinkage, erectile dysfunction, low semen production, and no sexual orgasm; on the role of the liver enzyme 5-alpha reductase in DHT production, semen production and penile growth.

<http://www.actionlove.com/cases/case15287.htm>

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

==> <http://www.actionlove.com/cases/case15997.htm>

Testosterone injection gave him high libido and a bigger penis, but also an enlarged prostate and then taking DHT blocker (5-alpha inhibitor) shrinks his penis and damages his ligaments; he also experience vertigo and slow skin healing.

==> <http://www.actionlove.com/cases/case16286.htm>

## **Natural Penile Enlargement - The Ballooning Effect (The Penile Power-up or Ballooning Method)**

This website is created, based upon [Dr. Lin's "Resonant Excitation Of Sexual Orgasms - Tao of Love Coupling"](#):

the orgasmic wave theory for excitation of sexual pleasure and for solutions of orgasmic pain/cramp/blackout, and the bioelectric theory for rejuvenation.

**THE FACT:** Yes, You can "balloon" your penis to gain extra couple inches. But, [What does the "balloon or power up" means? Sorry, I don't like the word "Enlarge."](#) I had been reluctant to disclose my Natural Penile Enlargement Method, from which I have gained about 2 inches,

before a young reader e-mailed me on the penile enlargement with sexual intercourse as described in

'Readers testified Dr. Lin's "Penis Power-up Method" - Expand your penis.

==> <http://www.actionlove.com/cases/case7506.htm>'

(One of the main reasons is that men don't need a big penis to make women achieve sexual orgasm. My finger pliers with only one finger of 0.5 inches diameter and 3-4 inches long, inside the vagina can trigger Level-7 orgasm in less than one minute when the woman become very hot! The trick is you have to massage the female clitoral shaft and urethral nerves at the same time. If you know this trick, you can make her come at your finger or penile Tip, please read <http://www.actionlove.com/love/method.htm> . If you really want to enlarge your penis, please continue your reading. Advice: The more you work on your penis, the faster you ejaculate. Things are in your brain, not in your penis!)

After that, I disclosed this Natural Penile Enlargement Method in <http://www.linplaza.com/cases/case7648.htm>

The most interested thing is, Sexual Intercourse can help "enlarge" the penis, clitoris, G-spot, Epicenter and vaginal/urethral spongy tissues. if you have a lot of hormones to burn during sex. The density of testosterone, DHT and Oxytocin (orgasm hormone) receptors in these special tissues seems to increase, when the sex organ tissues are stimulated in the hormone bath - the hormone-enriched blood. The hormone receptors trap more and more hormones to stimulate the tissues to expand, leading to the natural enlargement. (Oop! You have to avoid the DHT receptors developing in your prostate; otherwise, you will have your prostate enlarged after midlife! But, [How to avoid this problem????](#) ) These spongy tissue textures are like a lot of small blood balloons that form the penis, clitoris and vaginal/urethral tissues, so that you can enlarge them like the air balloons for your birth party. The question is how much hormones are required to enlarge the sex organs. Oop! I almost forgot the ultimate erection power driver - the brain/parasympathetic nervous system. You won't get a spontaneous erection without the kick-in of the parasympathetic nervous function to link your brain to your love tools. **How it works: The Brain/Mind Action -> the parasympathetic sexual motor nerve -> the neurotransmitter Acetylcholine (ACH) -> the erection neurotransmitter Nitric Oxide (NO) in your sex organ -> the erection dilator cyclic Guanylate MonoPhosphate (cGMP) -> [Powered-up Love Tools](#).** If you can not have a spontaneous erection without blow or hand jobs, you can not "enlarge" your penis because your brain and your love tools are not linked properly. Sorry :- (..... On the other hand, If your Brain/Mind acts on your sympathetic sexual motor nerve, your erection will be withdrawn (go limp!) or you will experience premature ejaculation. This is known as "Flight or Fight", that is "Run Away or Shoot it Out!"

Anyway, I give the principle, method and other readers' experiences on my Natural Penile Enlargement method here.

Theoretically, you can not regrow your elastic, spongy penile tissue after your 25 or your growth period depending on your Human Growth Hormone (HGH) level. The highest HGH level occurs during age 12-15; the second high, during age 16-24. The old Taoists have considered that the male penis stops growing after 25 if masturbation or ejaculation is limited to retain sufficient HGH, DHEA and testosterone hormones in the bloodstream. The penile tissue is very special,

unlike the regular muscle which you can use destruction and reconstruction (healing) processes to increase the muscle size as body builders do. The penile tissue can not be regenerated after broken. Once the penile tissue is destructed, the penis will be deformed to certain degrees. Excessive use of any mechanical devices or external forces applied to elongation of the penis may result in penile crooking or curving. That is why I have to introduce the Natural Penile Enlargement Method to help men out.

This method is to emulate teenagers' "Growth" Process. Instead of "Growth", we have to make the penile tissue more elastic to balloon with the internal sexual energy. Erection is powered by the parasympathetic sexual nerve via the burning of testosterone and an enzyme called 5-alpha reductase to balloon the penis. The burning of testosterone produces DHT (Dihydrotestosterone), resulting in tissue expansion and heating, and bioelectricity to charge the nervous system, resulting in increment of nervous sensitivity and responsibility. The testosterone burning occurs every where in the body: skins, tissues, bones/joints/marrows, internal organs, and the excessively generated bioelectricity is stored in the parasympathetic nervous subsystem which produces the acting, healing or erecting/engorging power whenever or wherever necessary. For ballooning or expanding the penis in the Natural Penile Enlargement, it requires DHEA to increase the elasticity of the penile tissue and the testosterone production, an optimal amount of estrogen to help dilate the local blood vessel for more blood to fill the penile, and sufficient HGH to help the body to produce suitable amounts of DHEA, testosterone, estrogen and 5-alpha reductase. Noticeably, estrogen plays an important role in cooling down the sex organs during sexual excitement, where most of testosterone is burned into bioelectricity and the end product DHT. The Penile Ballooning Method is to use the massage method to direct more DHT and hormone enriched blood into the glans penis and penile tissue to increase the penile expansion pressure for popping out the hidden portion of the penile shaft out of the body.

\*\*\*\*\* Special Note On Natural Penile Enlargement\*\*\*\*\*

DHT (dihydrotestosterone) is responsible for penile/clitoral growth during adolescence. Without sufficient DHT, the penis becomes defective. To produce sufficient DHT, it requires sufficient testosterone and enzyme 5-alpha reductase. 5-alpha reductase is produced by the liver. When the liver function becomes weak, the liver also produces a large amount of enzyme Aromatase that converts testosterone and its precursors into estradiol - the most potent estrogen. Estradiol stimulates cell multiplication in the hormonal-receptor-rich tissues like the breasts and reproductive organs such as labia, uterus and prostate. It is considered that Excessive Estradiol is responsible for the cancerous/tumorous development in the breast and reproductive organs. For men, the action of Excessive estradiol, with excessive binding of DHT in the prostate tissues may be solely responsible for prostate enlargement and cancers. It is also recognized that the DHT level in the male body during adolescence reaches the maximum in the male life (for the natural growth of the penis, testis and prostate!), but there is not prostate problem during that time. The prostate problem occurs when men ages or when the testosterone level and the burning of testosterone into DHT becomes low! In fact, at this time of life (midlife!), the liver produces a large amount of enzyme Aromatase and the Estradiol level is significantly increased. It is well-known that Estradiol grows labia, clitoral hood and breasts and makes them wrinkly or saggy. For this reason, our anti-aging products have to include a lot of ingredients to deal with the liver function. Without a proper liver function, the body can not get sufficient "Good" enzymes to synthesize amino acids and hormonal precursors to power the brain/nervous/endocrine/cardiovascular functions, and at the same time, to stop the Aromatation of testosterone and its precursors to Estradiol. The fringe benefit of the products is to stop the cancerous/tumorous development in the breasts and reproductive organs, naturally also reversing the prostate enlargement. We also should pay special attentions to the mimic growth hormone, testosterone and estrogen in the drugs, meats, dairy products, pesticides and

artificial Hormonal Replacement Drugs that are foreign to our human body. These mimic hormones can bind to the hormonal receptors tightly to change good cells into tumors or cancers. Another feature of our products is to use plant hormones (such as Plant Estrogen also known as Isoflavones or phytoestrogen) to free Estradiol from hormonal (androgen) receptors of the breast, uterine and prostate, and excessive testosterone and DHT from the prostate.

\*\*\*\*\* End of Special Note\*\*\*\*\*

To make this natural enlargement method work properly, a minimum level of DHEA, testosterone and estrogen in the bloodstream is required to help the Central Nervous System (CNS) command the pituitary to produce sufficient HGH, since the CNS bioelectricity is charged by the burning of the testosterone. This is self-stimulation chain of the endocrine system, or a bioelectric recharging system, like the automobile engine. When the chain is broken due to aging, overmasturbation or overejaculation, you have to Jump Start the CNS and endocrine system and relink the chain by feeding the body with balanced electrolytes: HGH Releaser, DHEA, Androstenedione (testosterone precursor), Isoflavones (plant estrogen), and tribulus terrestris (5-alpha reductase releaser). I call these magnificent five ingredients "Xmale Power Cycle 5X." This is the nickname of the product [ViaGrowth-III](#). Seniors and some middle agers may requires more HGH releaser. That is why I invent a new product called [ViaGrowth-IV](#) and more powerful package called [ViaPal-hGH-D or -X](#) to help them. .

Note: My Grandma always said teenagers' bottom has three (3) fires that can cook egg, boil water, and steam rice cakes. I believe she means that teenagers have sufficient testosterone being continuously burned into DHT and bioelectricity to heat up the body and to recharge the nervous system. That is why teenagers have so much energy to tirelessly act! HGH, DHEA , Testosterone and DHT play the trick!

# Tantra Kundalini

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other. Each requires the other in order to manifest its total nature.

One aspect, Shiva, is masculine, retains a static quality and remains identified with unmanifested consciousness. Shiva has the power to be but not the power to become or change.

The other aspect, Shakti, is feminine, dynamic, energetic and creative. Shakti is the Great Mother of the universe, for it is from her that all form is born.

According to Tantra, the human being is a miniature universe. All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being.

In human beings, Shakti, the feminine aspect is called Kundalini. This potential energy is said to rest at the base of the spinal cord. The object of the Tantric practice of Kundalini-yoga is to awaken this cosmic energy and make it ascend through the psychic centers, the chakras, that lie along the axis of the spine as consciousness potentials. She will then unite above the crown of the head with Shiva the pure consciousness. This union is the aim of Kundalini-yoga: a resolution of duality into unity again, a fusion with the Absolute. By this union the adept attains liberation while living which is considered in Indian life to be the highest experience: an union of the individual with the universe. Once Kundalini Shakti has ascended to above the crown of the head and merged with Shiva, it is made to reverse its course and return to rest at the base of the spine.

In Tantrism the state of ultimate bliss is a transcendence of dualities male-female, energy-consciousness, Shiva-Shakti...

# Chakras

Chakras, meaning "wheel", are psychic centers that lie along the axis of the spine as consciousness potentials. They are usually represented as lotuses. The chakras are not materially real and are to be understood as situated, not in the gross body, but in the subtle or etheric body. Repositories of psychic energies, they govern the whole condition of being. What is most commonly known is a more recent system dating to around the eighth century C.E. with the main 7 chakras. But the ancient spiritual Indian texts refer to various other systems with variations in the number of chakras and their location.

When kundalini is struck, she awakens, uncoils and begin to rise upwards like a fiery serpent, breaking upon each chakra as she ascends, until the Shakti merges with Shiva in sahasrara chakra.

As kundalini reaches each chakra, that lotus opens and lift its flower; and as soon as she leaves for a higher chakra, the lotus closes its petals and hangs down, symbolizing the activation of the energies of the chakra and their assimilation to kundalini. The dynamization of kundalini when it passes from one

chakra to another is an unfoldment of spiritual consciousness stage by stage and is said to enable the acquirement of yogic powers called siddhis.

The increasing number of lotus petals, in ascending order, may be taken to indicate the rising energy or vibration-frequencies of the respective chakras, each functioning as a transformer of energies from one potency to another. Each of the 50 petals of the first 6 chakras are associated with one of the letter of the Sanskrit alphabet.

Each of the chakras, according to the Tantras, corresponds to one of the elements of which the known world is compounded. Muladhara represents solidity; Svadhisthana, liquidity; Manipura, the gaseous; Anahata, the aerial; Vishuddha, the etheric, or space. One can see the whole process as a progressive transformation of the elements, with an increase of volatility. Each of the elements of the first five chakras are associated with a sound: Lam, Vam, Ram, Yam, Ham.

This ascent through the chakras can be viewed as an upward journey through the self which refines and subtilizes the energy that is the kundalini, until at the sixth chakra, the Ajna, center of command, a qualitative change has taken place. The chakras are centers of transformation of psychic or mental energy into spiritual energy.

## Nadis

In addition to the seven chakras of the subtle body, the Tantras have described a network of subtle channels known as nadis through which the life force (prana) circulate. Nadi means "stream". According to the tantric treatise Shiva Samhita, there are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered the most important.

**Ida** is the left channel. Ida is white, feminine, cold, represents the moon and is associated with the river Ganga (Ganges). Originating in Muladhara, Ida ends up in the left nostril.

**Pingala** is the right channel. Pingala is red, masculine, hot, represents the sun and is associated with the river Yamuna. Originating in Muladhara, Pingala ends up in the right nostril.

**Sushumna** is the central channel and is associated with the river Saraswati. Within the Sushumna nadi there are three more subtle channels: Vajra, Chitrini and Brahma nadi through which Kundalini moves upwards running up the body from just below Muladhara chakra to Sahasrara chakra at the crown of the head.

The kanda in Muladhara chakra is the meeting place of the three main nadis and is known as Yukta Triveni (Yukta: "combined", tri: "three", veni: "streams"). In Muladhara, Shakti, the static unmanifested Kundalini, is symbolized by a serpent coiled into three and a half circles around the central axis Svayambhu-linga at the base of the spine. The serpent lies blocking the entrance to Sushumna, the central channel with his mouth. Sushumna remains closed at its lower end as long as Kundalini is not awakened.

The technique of Kundalini Yoga consists in using Prana (the vital air), guiding its circulatory movement through Ida and Pingala down to the base of the spine into the space where Kundalini lies

coiled. The vital energies of the opposite forces circulating in Ida and Pingala will be unified and **Shakti Kundalini will then awaken and rise up Sushumna, energizing the seven chakras.**

From Muladhara chakra, Ida and Pingala alternate from the right to left sides at each chakra until they reach Ajna chakra where they meet again with Sushumna.

In Ajna chakra the meeting of the three main nadis is called Mukta Triveni (Mukta: "liberated"). Continuing beyond Ajna chakra, Ida and Pingala end in the left and right nostrils respectively.

Once the Kundalini Shakti has ascended through Sushumna to Sahasrara, the highest psychic center at the crown of the head, it is made to reverse its course and return to rest in the base center again.

## Sri Yantra

Sri yantra, also known as Sri Chakra, is called the mother of all yantras because all other yantras derive from it. In its three dimensional forms Sri Yantra is said to represent Mount Meru, the cosmic mountain at the center of the universe.

The Sri Yantra is conceived as a place of spiritual pilgrimage. It is a representation of the cosmos at the macrocosmic level and of the human body at the microcosmic level (each of the circuits correspond to a chakra of the body).

Sri Yantra is first referred to in an Indonesian inscription dating to the seventh century C.E. It may have existed in India, its country of origin, long before the time of its introduction to Indonesia.

The Sri Yantra is a configuration of nine interlocking triangles, surrounded by two circles of lotus petals with the whole encased within a gated frame, called the "earth citadel". The nine interlocking triangles centered around the bindu (the central point of the yantra) are drawn by the superimposition of five downward pointing triangles, representing **Shakti** ; the female principle and four upright triangles, representing **Shiva** ; the male principle. The nine interlocking triangles form forty three small triangles each housing a presiding deity associated with particular aspects of existence.

Man's spiritual journey from the stage of material existence to ultimate enlightenment is mapped on the Sri Yantra. The spiritual journey is taken as a pilgrimage in which every step is an ascent to the center, a movement beyond one's limited existence, and every level is nearer to the goal. Such a journey is mapped in stages, and each of these stages corresponds with one of the circuits of which the Sri Yantra is composed from the outer plane to the bindu in the center.

The Sri Yantra is a tool to give a vision of the totality of existence, so that the adept may internalize its symbols for the ultimate realization of his unity with the cosmos.

The goal of contemplating the Sri Yantra is that the adept can rediscover his primordial sources. The circuits symbolically indicate the successive phases in the process of becoming.

- Kundalini, The Arousal of the Inner Energy by Ajit Mookerjee
- Yantra, The Tantric Symbol of Cosmic Unity by Madhu Khanna
- The Alchemical Body by David Gordon White

- Kiss of the Yogini by David Gordon White
- Tantric Yoga and the Wisdom Goddesses by David Frawley
- The Tantric Way by Ajit Mookerjee and Madhu Khanna
- Layayoga, The Definitive Guide to the Chakras and Kundalini by Shyam Sundar Goswami
- The Yoga Tradition by Georg Feuerstein
- The Tirumantiram by Tirumular

## Concerning Kundalini Yoga

Satan wanted me to write this article and to make sure that everyone is aware of this and to post it to the groups as well. I will get to the point. Nearly everyone knows about how the enemy works through infiltration to destroy and corrupt spiritual knowledge. The roots and foundations of True Satanism can be found in Kundalini [SERPENT] Yoga. Unfortunately, many of the teachings have been infested with procedures and practices that are designed to make damned good and sure anyone who follows them will not have any personal powers. A good example of this is the numerous practitioners of yoga who have been indoctrinated with lies, many namely in India, who own nothing, live in a shelter nothing more than a glorified dog house, cover themselves with ashes from the dead, only wear a 'christ rag' and live a death like existence. Tourists, who visit ashrams and temples, for a few cents given to these pathetic beggars, receive their 'blessings' which is their giving of their own life force and energies. These poor souls are filled with much spiritual power, but have no idea on how to use it, due to the enemy teachings deliberately misguiding them.

There aren't really any rules in obtaining personal power except for consistent meditations and doing the necessary work to advance one's self spiritually.

Enemy corrupted crap is blatant. It is in most books out there now a days on yoga. This garbage is SICK and has nothing to do with obtaining the godhead. Following these enemy corruptions will only make sure you have no powers and that you are not a threat to their agenda of using occult powers to enslave the world.

The worst is self-mutilation and related practices, which are not only insane but potentially deadly. The only 'SIN' in Satanism is that of STUPIDITY!!

- Cutting the underside of the tongue so that the tongue can reach back up into the pineal gland. This is not only very dangerous, but totally unnecessary! Fools who have done this can no longer speak normally, nor eat properly. Texts that laborate on this mutilation relate that the mutilated one normally "retires to live in a cave, cannot speak normally, nor eat very much food



at all." One can obviously choke to death. This is total insanity! Anyone who has meditated consistently and extensively upon his/her pineal gland knows this is totally foolish and unnecessary.

- Swallowing a long cloth/rag.

The above speaks for itself. Like the cutting of the tongue, this is very unnatural and unnecessary, and can be deadly. This is how one is disemboweled.

- Taking in water in the rectum up into the colon
- Washing out the nostrils, or inserting objects into the nose aka 'Neti.'

- Celibacy [sexual abstinence]

This is another one. Human beings are social by nature and have a need to be touched and loved sexually. Orgasm is a necessary release.

**SEXUAL ABSTINENCE IS EXTREMELY UNHEALTHY!**

If one is unable to find a suitable partner, it is important that sexual energy in the form of a good orgasm be relieved as needed by one's self. This is personal and individual. Denying one's self sexual orgasm usually leads to not only serious psychological problems, but physical problems as well and contrary to those popular yogic teachings, celibacy actually impedes spiritual progress.

- Another one is diet.

This is an individual choice. A vegetarian diet is not at all necessary in practicing yoga or in developing one's spiritual powers. This is pushed in nearly all texts on yoga and in many other writings. What you eat is your own personal choice. Of course anyone who has a consistent diet of fast and junk food – this leads to ill health eventually, but as for over-eating on occasion, eating spicy foods, meats and so forth, this has absolutely nothing to do with any interfering on your spiritual progress. I speak from my own experience here.

- Ignoring the feet and lower chakras.

The lower chakras are essential. If you want to heal yourself, perform ANY magick, and have decent self-esteem, you **MUST** have powerful lower chakras. The reasons most popular and readily available yoga texts now a days advise against developing the lower chakras is to see to it you have no personal powers. The feet are also very important, as this is where one pulls in energy to use for rituals and in healing others and much more.

- Ignoring the Siddhis

Any siddhis should be worked on and developed. This is what kundalini yoga and spirituality are all about.

- The need for a human "Guru" [spiritual teacher]

Again, this is unnecessary. Much of this sort of thing is often a money-making gimmick, and in many cases, the blind leading the blind.

Satan and his Demons are our "Gurus." They are the REAL Masters.

Much of what we have readily available today in the way of spirituality has been hideously corrupted. The public has been deliberately lied to in order to make sure no one advances to where they are a threat to the enemy powers who know the truth and use occult powers to enslave the world.

In closing, there will be much more knowledge forthcoming very soon. Kundalini [Serpent] Yoga, properly done, is the path to the godhead, and is the foundation of True Satanism. The cobra with its hood puffed out, as can be seen in many areas of the world in ancient engravings and such, symbolizes the expanded consciousness of enlightenment once the serpent energy is activated. This manifests as more and more awareness.

## Important Information About Serpent Yoga

I have read many, many different books on yoga, meditation and kundalini. Much of this knowledge was preserved in the Far East as we know. The true origins of Satanism are in the Far East, NOT the Middle East, or in Mesopotamia, though it is evident our Gods were at one time in this area.

The Seven Towers of Satan are both an allegory for the chakras and also are physical markers across the territory spanning from the Far East to the Middle East, marking the trek of physical migration from east to west.

The point of this sermon is through Satan, we can make much more and unheard of rapid progress in our meditations and in raising our serpent. Most yoga texts and related meditation texts will relate that through hard work, consistent meditation [over an hour a day minimum] and advanced hatha yoga practice, a non-Satanist just might be able to raise their serpent after a period of 22 years. Most of these involved secluding one's self in what is known as an 'ashram,' denying normal sex, suppressing orgasm, adherence to a strict vegan [no meat, no dairy, no eggs or any animal products] diet and all sorts of other restrictions.

Through Satan, some of our people have raised their serpent in a very short period of time.

The enemy = restrictions. It is no wonder many non-Satanists who are intense practitioners of yoga and meditation, who are without, go through all kinds of problems, frightening experiences, and a strict anti-life program that in truth is designed by the enemy to discourage and block any true spiritual progress.

In ancient times, before Christianity reared its ugly head, a requirement to become a legitimate priest was a risen serpent.

My entire point of this post is to remind everyone- **IN ORDER TO RAISE YOUR SERPENT, YOU MUST BE FREE.** This is the entire message of yoga, beyond the corrupted teachings the enemy has infested it with. Hatha [physical yoga] is to make the body more flexible and to open joints and other areas where energy is trapped due to being tight.

Eat as you please, have sex as you please, indulge as you please, be free.

Sexual orgasm opens the chakras. As I wrote before, many authors of meditation books out there advocate retaining the semen and such. Most are now dead and none has ever lived to any great age. There are exercises one can do with the above, but these are not to be done continuously, as these books claim. Orgasm is necessary for both physical, psychological and emotional health.

Our Beloved Father Satan guides us to the truth and gives us knowledge and abilities that are far beyond where those who are without are at, regardless of how dedicated these people are to their programs.

As I wrote before, the enemy promotes everything that is unnatural, and anti-life. Sexuality is condemned and suppressed to make damned good and sure that no one raises his/her serpent or experiences any spiritual advancement. Remember this when reading or studying for yourselves from any Eastern teachings, meditation or yoga texts. Our people are advancing in unheard of short periods of time through Satan, in a safe and healthy manner.

As the serpent grows powerful and begins to ascend [often it retreats back into the base chakra until it rises above the solar chakra], past hang-ups [whatever they may be] and any psychological issues are brought to consciousness so they can be dealt with and eliminated. The serpent is also cleansing the soul through the astral element of fire.

**SATANISM = BEING FREE**

Sermon 11/21/10

This is something I need to address here. There are no dietary restrictions in Satanism. However and whatever you choose to eat is your own personal business. Videos and documentaries exposing what is known as 'Industrial Farming' are enough to make many consider vegetarianism.

For those of you who are vegetarian, if it works for you and you are happy with it, this is great and to be given credit.

Years ago, after watching a documentary on Industrial Farming, I tried vegetarianism and I lasted about a month. It didn't work for me, as I was into heavy weightlifting, gymnastics, martial arts, and running some 20+ miles per week, and doing manual labor as a cook. I got sick.

My point here is human beings are omnivores [designed for eating both meat and vegetables]. No matter what we eat, we have to kill to eat. Lions, wolves and other carnivores kill to eat. Every living being on the face of this earth must kill in order to eat. Plants are living organisms. The whole issue is HOW it is done.

Industrial farming is horrific. This is not natural. It is animal torture, exploitation, and abuse in the extreme. This bleeds over into the food chain and the overall quality of the food we consume, as well as society as a whole. The majority of society is unhealthy [especially in the west] in many ways and many are prescription drug dependent. In addition, many unnatural and harmful methods are used in growing and harvesting vegetables which directly affect the health of consumers for the worst. This has been going on for a long time [decades].

For those of us who eat meat, there are certain companies now that sell 'cage free' raised and humanely managed food animals. I have found some of these meats to be even cheaper priced at the supermarket, than the main brands who engage in industrial farming. In the larger cities, there are even eggs available from 'free range' chickens. The more the concerned public becomes aware of the

vicious exploitation of food animals, the more changes for the better will be made.

For those of you who choose to be vegetarians, it is important to know HOW to eat in order to have a healthy diet. Certain nutrients come to humans only through animals proteins, such as vitamin B-12, and taurine. Dogs and cats who do not get taurine in their diet can go blind. Both are natural carnivores designed to eat meat. It is important to be knowledgeable regarding nutrition and getting a balanced diet, and if any vitamin supplements are needed. I am mainly writing the above for teens. If you choose to be a vegetarian, it is important to read up on it and to make sure you are getting all of your nutrients. Plants and legumes do supply nearly all of the nutrients we need, but there are a very few you need to be aware of in getting a balanced diet, and in supplementing these.

Satanism is with nature and natural law. Again- there are NO dietary restrictions in Satanism. How and what you choose to eat is your own personal business. Satan IS VERY strong on treating animals and the environment with respect. Satan is Lord of the Earth. We Satanists are to treat the earth with respect and care.

Since coming to Satan and advancing in meditation, along with the input and experiences given by other Brothers and Sisters in Satan, it is glaringly apparent that much of what is available on Yoga in the mainstream bookstores, etc., especially Serpent [Kundalini] Yoga, is designed to PREVENT one from achieving spiritual powers, and raising their serpent.

These books and resources PUSH celibacy, dietary restrictions, and many other restrictions- ALL WHICH IN TRUTH WORK \*AGAINST\* SPIRITUAL POWER AND ADVANCEMENT.

Given intense research [which I have done, in reading many, many different books on all branches of Yoga], so-called 'Masters' have taken decades and even

more to raise their serpent. One book stated the average being 'Over 20 years' and this included living these years in a monastery/ashram, where the entire focus was on daily meditation and physical yoga for hours each day. Through Satan, there are some of you, along with High Priest Vovim, who have successfully raised your serpents in under 2 years. This, along with having to work a full-time job and having many other distractions. Those of you whom I know of who have done this eat meat, have an active sex life and live life as you choose- WITHOUT ANY RESTRICTIONS.

I eat meat every day and have never had any problems in advancing spiritually. My issue is how these books and resources out there ZEALOUSLY PUSH veganism [no animals or meat products whatsoever]. I was raised Catholic and I remember the restrictions on meat, like during that stupid 'Lent' and the 'no meat on Fridays' crap. Eating meat was a sin that one had to confess in the confession box to some asshole pedophile priest. Now, we all know the Christian programs were created and enforced to REMOVE spirituality.

Also, I happen to know that orgasm and an active sex life are essential to spiritual advancement. This is the main reason the Christian churches have attacked human sexuality; mainly sexual pleasure, vehemently. Orgasm acts to open the chakras and to stimulate the Serpent.

Hatha [physical Yoga] manipulates the body; mainly the spine, so that the body can be free, so the Serpent can rise without blockages, and so the energy of the soul can circulate freely. Restrictions act to create major obstacles, whether these be psychological or physical. The multitude of psychological hang-ups the average active Christian has are enough to prevent him/her from ever advancing spiritually. Sex hang-ups are the worst, as these keep the Serpent locked in the base chakra and dormant.

Meditations work the mind to remove psychological hang-ups and issues, so that the Serpent can rise freely.

In closing- IT IS VERY IMPORTANT TO ALWAYS REMEMBER- the exercises- in physical [Hatha] and Serpent Yoga DO WORK, such as the breathing techniques, the stretching asanas and so forth. Most of the so-called spiritual advice in these books and resources is TRASH, and is designed, like Christianity to PREVENT you from advancing spiritually. Remember this.

### **Tips for women to achieve orgasm:**

I have classified three essential stages for women to achieve vaginal orgasms:

#### **1. Warm-up stage:**

The vaginal/vulva warm-up time is about 5-10 minutes including clitoral foreplay, vaginal massage and screwing sex with a warm penis.

<http://www.actionlove.com/love/screw.htm>

The Finger Pliers method with a gentle force can be used for clitoral/vaginal simultaneous massage.

<http://www.actionlove.com/love/fgpliers.htm>

Avoid skin abrasion and friction during this stage. If there is a lack of vaginal secretion for lubrication of the vulva and vagina, please use VIP Cream to stimulate release of vaginal lubricant.

Women with high sexual energy and pre-engorged clitoris and G-spot can achieve vaginal orgasm with the Finger Pliers massage, screwing sex, or 3-point excitation position in this stage.

<http://www.actionlove.com/love/method.htm>

However, men should provide a hard, hot penis for their partner to power up (to erect) and to sensitize the G-spot. The penile heat can activate the g-spot nerves and stimulate the vagina to release its natural lubricant. Our studies show that the penile firmness and temperature are more important than the penile size. The G-spot and vaginal erection produce a tight gripping (or vaginal suction) force against the penis. It is like a suction force produced by a penile pump.

#### **2. G-spot/vaginal ballooning (power-up)stage:**

Generally, it will require about one-thousand vaginal thrusts to wake the G-spot nerves. The thousand vaginal thrusts will be carried out over 15-20 minutes with an in-and-out speed (stroke) at about 75 or 150 rounds per minute (rpm) and with 1-2 minutes intermission every 5 minutes for changing the love position. Alternating the thrust speed between 75 and 150 rpm produces the best and most effective result in powering up the G-spot and penile erection. After accepting the thousand vaginal thrusts, the woman will develop a very sensitive (itching) spot around the G-spot area, which is responsible for triggering the ultimate orgasm; and, at the same time, the man should also bring his penis into a 2nd-stage erection, which is very hard, hot and shiny and fully ballooning. A ballooning, hot penis can help the clitoris, g-spot and vagina to engorge and power up and heat up the g-spot nerves for itchiness (with extra histamine and prostaglandins release). A ballooning clitoris is very large, a ballooning G-spot is very protrusive, and a ballooning vagina is very tight with a suction force against the penis. Don't change the love position too often. When the woman feels very good and sensitive in a love position, stimulate her vagina and G-spot with 300-400 continuous strokes without intermission, but alternating the stimulation speed between 75 rpm and 150 rpm. Persistent stimulation on the erectile, spongy tissues (and nerves) between the vagina and the urethra without taking a break is essential to increase the release of histamine and prostaglandins which produce the G-spot and vaginal ballooning effect and sensitization, leading to orgasm. That is why I recommend to have 300-400 continuous strokes for each love position.

#### **3. Orgasm stage:**

Generally, women need a simultaneous stimulation on the clitoris, g-spot and epicenter with a rhythmic pressure of 3-6 PSI to achieve the ultimately explosive orgasm. In this regard, the Finger Pliers stimulation or the 3-point excitation love position with a ballooning, hot penis will bring women to get there.

<http://www.actionlove.com/love/method.htm>

<http://www.actionlove.com/love/fgplier.htm>

<http://www.actionlove.com/love/resonant.htm>

This stage usually take about 3-5 minutes. The entire vulva and vagina should be under a rhythmic pressures at a stimulation speed of 75 rpm (0.8 seconds per cycle) or 150 rpm (0.4 seconds per cycle). The high-speed thrusting with 150 rpm is preferred..

Overall, it will take about 20-30 minutes with a proper stimulation help women achieve orgasm. The

man has to maintain a hard erection and to balloon his penis into the 2nd stage erection for such a duration without premature ejaculation. If the man ejaculates a little bit too quickly, don't worry; pull out the penis and continue vaginal/G-spot and clitoral stimulation with the Finger Pliers Method to finish the job - bring her to orgasm. Under these conditions, women will have about 99% chance to experience orgasm. If a man can last than 40-50 minutes, with help of the Finger Pliers Method, he will be able to take care of 2 women at the same time.

A Hint for Vaginal Orgasm: Erection of the urethral/vaginal/cervical/uterine erectile tissue is the key for vaginal orgasm without an over-stimulation of the urethral nerves, the so-called G-spot stimulation. With a sizeable erection or painless inflammation or enlargement of the cervix and uterus, women can experience auto-rhythmic orgasm upon the cervical/uterine repositioning (moving) against the Epicenter's L1/L2/Vagus nerves when walking, running, driving, sleeping or sneezing (On Persistent Sexual Arousal Syndrome for too much sexual orgasm - <http://www.actionlove.com/cases/case13217.htm>) . It is interested to read this example - <http://www.actionlove.com/cases/case11569.htm> . So, under the same principle, if you want to experience vaginal orgasm during sex, you have to erect your the urethral/vaginal/cervical/uterine erectile tissue during sexual arousal, where the L1/L2/Vagus nerves will relay signals to your dopamine nervous system which triggers your hypothalamus/pituitary gland to flood your body with the orgasm hormone oxytocin for induction of vaginal/uterine orgasmic contraction upon a proper vaginal-urethral nervous stimulation (with a resonant speed and rhythmic pressure as given in <http://www.actionlove.com/love/resonant.htm> ). That is, women need an erecting clitoris and G-spot (actually swelling vulva, vagina, cervix and uterus), a hard erecting penis which can last about 30 minutes, and a simultaneous stimulation of the clitoris, G-spot and Epicenter, with a rhythmic pressure



Overall, the penis/clitoris/G-spot must be hard and hot; the vagina must be hot (and tight) and naturally lubricating. This link tells you that all you need is a hard erecting, 6-inch (15-cm) penis which can last for 20-30 minutes without ejaculating since the vaginal length is about 6.5 cm - 12.5 cm (2.58 inches - 4.96 inches) with an averaged length of 9.6 cm (3.81 inches) and a standard deviation of 1.5 cm (0.6

inches), based upon 50 female genital structures of the age from 18 to 50, with a mean age of 35.6 around 2004-2005 in the Department of Gynaecology, Elizabeth Garret Anderson Hospital in London, UK..

<http://www.newviewcampaign.org/userfiles/file/BJOG%2005-normal-genitalia.pdf>

The sexually-arousal vagina can expand to 15 cm (6 inches) or so.

This study confirms Dr. Lin's Finger Pliers Method can stimulate the Epicenter near the front ending of vagina, around the cervix, as described in <http://www.actionlove.com/love/g-spot.htm>, <http://www.actionlove.com/love/fgpplier.htm> and <http://www.actionlove.com/love/resonant.htm> . Based up the Finger Pliers method, it is recommended the penis should erect to an 1-2 o'clock position, so that it can exert a rhythmic stimulation pressure (3-6 PSI) on the G-spot and Epicenter -

<http://www.actionlove.com/love/clock.htm>

The vagina can be mechanically dilated and stretched according to <http://humrep.oxfordjournals.org/content/22/7/2020.full.pdf+html> . Frequent vaginal dilation and stretching may help sexual responses and satisfaction via the vagal nervous stimulation in the vagina, cervix and uterus. It may also improve uterine prolapse symptoms. Therefore, practicing Dr. Lin's screw method ( <http://www.actionlove.com/love/screw.htm> ) with a deep penetration to push the cervix and uterus inward and to stretch the vagina may also improve uterine prolapse symptoms. We also find the labia minor length is about the maximum penile diameter that a vagina can take without over-expanding (tearing) pain. According to that report, the averaged labia minor length is 6.02 cm (2.39 inches) with a standard deviation of 0.94 cm (0.37 inches).

Tips of female orgasm. How to help women develop an itching, sensitive point inside her vagina for orgasm responses. and how to improve the uterine support strengthen of a tilted uterus for orgasm ==> <http://www.actionlove.com/cases/case16324.htm>

The role of cervix in the Epicenter's sexual orgasm - the brief history of Dr.Lin's discovery and the other researchers' studies on the vagus nerves to the cervix, uterus, G-spot and clitoris. Save your vagus nerves, uterus and cervix for sexual orgasm if possible

==> <http://www.actionlove.com/cases/case14852.htm>

Formula for vaginal rejuvenation, clitoral and G-spot enlargement and more sexual orgasm

==> <http://www.actionlove.com/cases/case15299.htm>

He said 'she feel that my penis is bigger and coupled with your products and VIP cream she is very high with me and when we have sex she will come around 2-3 times every day at around 30 minutes sex. Really thanks for your products' How to last longer than 30 minutes?

<http://www.actionlove.com/cases/case16763.htm>

He said ' TI from India, read your site some 4 years back and also used your finger plier technique to satisfy my wife. Thank you for this technique.' Power the erection, balloon the penis, and practice anal breathing to prolong sex. The artificial progesterone in the birth control devices, injection or pills causes vaginal dryness.

==> <http://www.actionlove.com/cases/case16300.htm>

**[To read more cases of how our products help women achieve powerful orgasms, please click here.](#)**

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

# Tantra Kundalini

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other. Each requires the other in order to manifest its total nature.

One aspect, Shiva, is masculine, retains a static quality and remains identified with unmanifested consciousness. Shiva has the power to be but not the power to become or change.

The other aspect, Shakti, is feminine, dynamic, energetic and creative. Shakti is the Great Mother of the universe, for it is from her that all form is born.

According to Tantra, the human being is a miniature universe. All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being.

In human beings, Shakti, the feminine aspect is called Kundalini. This potential energy is said to rest at the base of the spinal cord. The object of the Tantric practice of Kundalini-yoga is to awaken this cosmic energy and make it ascend through the psychic centers, the chakras, that lie along the axis of the spine as consciousness potentials. She will then unite above the crown of the head with Shiva the pure consciousness. This union is the aim of Kundalini-yoga: a resolution of duality into unity again, a fusion with the Absolute. By this union the adept attains liberation while living which is considered in Indian life to be the highest experience: an union of the individual with the universe. Once Kundalini Shakti has ascended to above the crown of the head and merged with Shiva, it is made to reverse its course and return to rest at the base of the spine.

In Tantrism the state of ultimate bliss is a transcendence of dualities male-female, energy-consciousness, Shiva-Shakti...

# Chakras

Chakras, meaning "wheel", are psychic centers that lie along the axis of the spine as consciousness potentials. They are usually represented as lotuses. The chakras are not materially real and are to be understood as situated, not in the gross body, but in the subtle or etheric body. Repositories of psychic energies, they govern the whole condition of being. What is most commonly known is a more recent system dating to around the eighth century C.E. with the main 7 chakras. But the ancient spiritual Indian texts refer to various other systems with variations in the number of chakras and their location.

When kundalini is struck, she awakens, uncoils and begin to rise upwards like a fiery serpent, breaking upon each chakra as she ascends, until the Shakti merges with Shiva in sahasrara chakra.

As kundalini reaches each chakra, that lotus opens and lift its flower; and as soon as she leaves for a higher chakra, the lotus closes its petals and hangs down, symbolizing the activation of the energies of the chakra and their assimilation to kundalini. The dynamization of kundalini when it passes from one

chakra to another is an unfoldment of spiritual consciousness stage by stage and is said to enable the acquirement of yogic powers called siddhis.

The increasing number of lotus petals, in ascending order, may be taken to indicate the rising energy or vibration-frequencies of the respective chakras, each functioning as a transformer of energies from one potency to another. Each of the 50 petals of the first 6 chakras are associated with one of the letter of the Sanskrit alphabet.

Each of the chakras, according to the Tantras, corresponds to one of the elements of which the known world is compounded. Muladhara represents solidity; Svadhisthana, liquidity; Manipura, the gaseous; Anahata, the aerial; Vishuddha, the etheric, or space. One can see the whole process as a progressive transformation of the elements, with an increase of volatility. Each of the elements of the first five chakras are associated with a sound: Lam, Vam, Ram, Yam, Ham.

This ascent through the chakras can be viewed as an upward journey through the self which refines and subtilizes the energy that is the kundalini, until at the sixth chakra, the Ajna, center of command, a qualitative change has taken place. The chakras are centers of transformation of psychic or mental energy into spiritual energy.

## Nadis

In addition to the seven chakras of the subtle body, the Tantras have described a network of subtle channels known as nadis through which the life force (prana) circulate. Nadi means "stream". According to the tantric treatise Shiva Samhita, there are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered the most important.

**Ida** is the left channel. Ida is white, feminine, cold, represents the moon and is associated with the river Ganga (Ganges). Originating in Muladhara, Ida ends up in the left nostril.

**Pingala** is the right channel. Pingala is red, masculine, hot, represents the sun and is associated with the river Yamuna. Originating in Muladhara, Pingala ends up in the right nostril.

**Sushumna** is the central channel and is associated with the river Saraswati. Within the Sushumna nadi there are three more subtle channels: Vajra, Chitrini and Brahma nadi through which Kundalini moves upwards running up the body from just below Muladhara chakra to Sahasrara chakra at the crown of the head.

The kanda in Muladhara chakra is the meeting place of the three main nadis and is known as Yukta Triveni (Yukta: "combined", tri: "three", veni: "streams"). In Muladhara, Shakti, the static unmanifested Kundalini, is symbolized by a serpent coiled into three and a half circles around the central axis Svayambhu-linga at the base of the spine. The serpent lies blocking the entrance to Sushumna, the central channel with his mouth. Sushumna remains closed at its lower end as long as Kundalini is not awakened.

The technique of Kundalini Yoga consists in using Prana (the vital air), guiding its circulatory movement through Ida and Pingala down to the base of the spine into the space where Kundalini lies

coiled. The vital energies of the opposite forces circulating in Ida and Pingala will be unified and **Shakti Kundalini will then awaken and rise up Sushumna, energizing the seven chakras.**

From Muladhara chakra, Ida and Pingala alternate from the right to left sides at each chakra until they reach Ajna chakra where they meet again with Sushumna.

In Ajna chakra the meeting of the three main nadis is called Mukta Triveni (Mukta: "liberated"). Continuing beyond Ajna chakra, Ida and Pingala end in the left and right nostrils respectively.

Once the Kundalini Shakti has ascended through Sushumna to Sahasrara, the highest psychic center at the crown of the head, it is made to reverse its course and return to rest in the base center again.

## Sri Yantra

Sri yantra, also known as Sri Chakra, is called the mother of all yantras because all other yantras derive from it. In its three dimensional forms Sri Yantra is said to represent Mount Meru, the cosmic mountain at the center of the universe.

The Sri Yantra is conceived as a place of spiritual pilgrimage. It is a representation of the cosmos at the macrocosmic level and of the human body at the microcosmic level (each of the circuits correspond to a chakra of the body).

Sri Yantra is first referred to in an Indonesian inscription dating to the seventh century C.E. It may have existed in India, its country of origin, long before the time of its introduction to Indonesia.

The Sri Yantra is a configuration of nine interlocking triangles, surrounded by two circles of lotus petals with the whole encased within a gated frame, called the "earth citadel". The nine interlocking triangles centered around the bindu (the central point of the yantra) are drawn by the superimposition of five downward pointing triangles, representing **Shakti** ; the female principle and four upright triangles, representing **Shiva** ; the male principle. The nine interlocking triangles form forty three small triangles each housing a presiding deity associated with particular aspects of existence.

Man's spiritual journey from the stage of material existence to ultimate enlightenment is mapped on the Sri Yantra. The spiritual journey is taken as a pilgrimage in which every step is an ascent to the center, a movement beyond one's limited existence, and every level is nearer to the goal. Such a journey is mapped in stages, and each of these stages corresponds with one of the circuits of which the Sri Yantra is composed from the outer plane to the bindu in the center.

The Sri Yantra is a tool to give a vision of the totality of existence, so that the adept may internalize its symbols for the ultimate realization of his unity with the cosmos.

The goal of contemplating the Sri Yantra is that the adept can rediscover his primordial sources. The circuits symbolically indicate the successive phases in the process of becoming.

- Kundalini, The Arousal of the Inner Energy by Ajit Mookerjee
- Yantra, The Tantric Symbol of Cosmic Unity by Madhu Khanna
- The Alchemical Body by David Gordon White

- Kiss of the Yogini by David Gordon White
- Tantric Yoga and the Wisdom Goddesses by David Frawley
- The Tantric Way by Ajit Mookerjee and Madhu Khanna
- Layayoga, The Definitive Guide to the Chakras and Kundalini by Shyam Sundar Goswami
- The Yoga Tradition by Georg Feuerstein
- The Tirumantiram by Tirumular

# **BERSERKER**

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